



# Fried Rice

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Prepared and presented by the students participating in the Kimberley 'Share It' program at Broome Senior High School, 2019

**Traffic light category: Green/Amber Serves: 8 (230g)**

## Ingredients

- 3 cups basmati rice, cooked and cooled
- 2 eggs, beaten
- 1 teaspoon olive oil
- 75g lean leg ham, diced (omit the ham for a Green menu option)
- 1 onion, diced
- 1 red capsicum, seeded and diced
- 2 cups Chinese cabbage, shredded
- 1 cup green peas, cooked
- 1 cups raw carrot, diced
- 1 cup raw celery, diced
- 1 cup corn kernels, cooked
- 1 cup bean sprouts
- 2 spring onions, diced
- 3 tablespoons salt reduced soy sauce
- 1 tablespoons oyster sauce
- Pinch of chilli flakes or 1 red chilli sliced (optional)

## Method

1. Cook rice following packet directions, leave to one side to cool
2. Lightly spray a heated non-stick fry pan with oil, pour in eggs to make a thin omelette
3. Once the omelette is cooked, transfer to a plate and slice thinly, set aside
4. Lightly spray the same pan with oil, add onion cook until golden, add ham, cook for a further 2 mins
5. Add capsicum, cabbage, peas, carrot, celery and corn
6. Cover and cook for one minute
7. Add remaining ingredients including rice (except bamboo shoots and omelette).
8. Stir until sauces have mixed through evenly
9. Spoon into bamboo boats and top with bean sprouts and a slice of omlette.



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