

Nutritional information

Nutrient	Per Serve	Per 100g
Energy	1320kj	440Kj
Protein	9g	3g
Total Fat	3g	1g
Saturated Fat	<1g	<1g
Carbohydrate	55g	18g
Sugars	9g	3g
Fibre	9g	3g
Sodium	811mg	270mg

Nutritional analyses are estimated calculations based on "Food Works"™ computer software



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PLU487

Vegetable Fried Rice

This meal pack includes:

Dry Ingredients:

- 1 cup (200g) Basmati rice
- 425g can corn kernels
- 1 ½ Tbs Soy Sauce
- 2 low salt vegetable stock cubes

Frozen Ingredients:

- 1 pack frozen peas

Fresh Ingredients:

- 2 eggs
- 1 brown onion
- 1 stalk celery
- 2 cloves garlic
- 1 large carrot
- 1 large red capsicum

Vegetarian Dish

Preparation time: 30 minutes Cooking time: 15 minutes **Serves 4-6**



Developed by Community Foodies in conjunction with
 Community Food SA

Vegetable Fried Rice

Time Required

Preparation time: 30 minutes

Cooking time: 15 minutes

Ingredients

- 2 eggs
- 1 brown onion
- 2 cloves garlic
- 1 stalk celery
- 1 large carrot
- 1 large red capsicum
- 1 ½ cups frozen peas
- 425g can corn kernels
- 1 cup (200g) Basmati rice
- 2 Tbs olive oil (not provided)
- 2 salt reduced vegetable stock cubes
- 1 ½ Tbs Soy Sauce

Tips and ideas

- This recipe is suitable to freeze.
- Add additional vegetables if desired. We suggest zucchini, mushrooms, sweet potato, red onion or green beans (fresh or frozen)

Cooking Instructions

Cooking the rice

1. Rinse rice in a sieve under cold water until the water runs clear.
2. Put stock powder into a mug or cup. Add ¼ cup boiling water and stir to dissolve.
3. Place rice and stock liquid in a saucepan with 1 ½ cups water and bring to the boil.
4. Cover saucepan with a lid, reduce the heat to low and cook for 8 to 10 minutes, stirring occasionally.
5. Remove from the heat and let stand for 5 to 10 minutes
6. Fluff rice with a fork and spread
7. out on a tray for at least an hour

Cooking the Meal

8. Open can of corn kernels then drain and rinse.
9. Finely dice the onion, carrot, celery and capsicum.
10. Peel and crush the garlic cloves.
11. Lightly beat the eggs with a fork.
12. Preheat a wok or frying pan to medium heat.
13. Heat the oil, then add carrots and stir fry 1 minute.
14. Add the onion, garlic, celery and capsicum and stir fry further 3 – 4 minutes.
15. Add the egg mixture, stirring until cooked and then add the peas, corn, rice and soy sauce.
16. Continue stir frying about 5 more minutes until the rice is heated through. Serve hot.