

Veggie fried rice

serves: 4

Lunch

Dinner



Ingredients:

Vegetables-

Frozen



or

Fresh

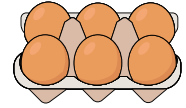


or

Tinned



Eggs



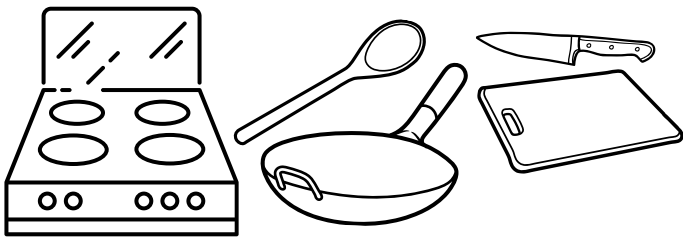
Rice



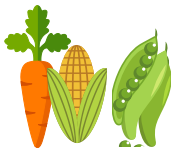
Soy sauce



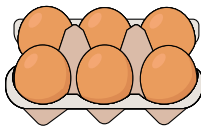
Ingredients/ equipment:



or



or



method:

- 1 - Heat up the hot plate to a medium heat and place a wok on it
- 2- Add Fresh or Frozen or canned veggies to the pan and mix around
- 3- Add an egg or two and scramble it in the wok
- 4- Add cooked and cooled rice to the wok and mix around to combine the egg, veggies and rice until warmed through
- 5- add soy sauce to the wok to add flavour to the meal