VEGETABLE FRIED RICE

GREEN HOT FOODS

SUMMARY	
Number of Serves	10
Total Cost of Ingredients	$ 7.90
Cost price per Serve	$ 0.80
Selling price per Serve	$ 1.30
Source of recipe	Good for Kids team
Last reviewed	April 2014

INGREDIENTS	QTY	COST
Vegetable Oil	1tbsp	$ 0.05
Bacon, diced	300g	$ 1.50
Celery Stalks, chopped	2	$ 0.35
Frozen peas, corn & carrot	500g	$ 1.55
Eggs, lightly beaten	4	$ 1.65
Long grain white rice, cooked (see notes)	8 cups	$ 1.45
Onion, diced	1	$ 0.55
Salt reduced soy sauce	4tbsp	$ 0.80

METHOD

1. Heat oil in a large pan over a high heat.
2. Add bacon & onion to pan & stir fry for 2 minutes.
3. Add vegetables & stir fry for a further 2 minutes.
4. Reduce heat to med-high & pour in the eggs, use a wooden spoon to break up the egg.
5. Add cooked rice to the pan & cook for 2 minutes, tossing often.
6. Reduce heat to med, add soy sauce & cook for a further minute, tossing often.
7. Separate into containers. Will last 2-3 days in fridge. Do not freeze.

NUTRITION (PER 100 GRAMS)

Energy (kJ)	562	Saturated Fat (g)	1.4	Sodium (mg)	324

NOTES

- Cook the rice the day before & store overnight in fridge to allow the rice to dry out.