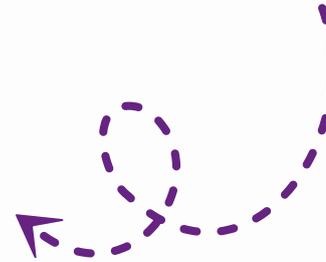


# Veggie Fried Rice



## Classification:

Everyday

## Serves:

25

## Prep. Time:

10 min

## Cooking Time:

15-20 min

## Ingredients:

- 7 ½ cups long grain rice
- ¼ cup peanut oil
- 10 eggs, lightly beaten
- 5 onions, diced
- 10 garlic cloves
- 5 carrots, grated
- 2 ½ red capsicum, chopped
- 1 ¼ Chinese, cabbage chopped
- 1 cup of corn kernels, drained
- 1kg leg ham, chopped
- ½ cup sweet soy sauce

## Method:

1. Cook rice according to packet instructions, set aside until cold.
2. Heat wok and add small amount of oil. Add egg and swirl until omelette forms, cook until firm, set aside and roughly chop.
3. Add remaining oil, garlic and onion and cook until soft.
4. Add vegetables and ham and cook until tender.
5. Add rice and sauce to wok and stir fry until heated through.  
Serve hot.

## Equipment:

- Wok/pans
- Knife
- Mixing bowl
- Mixing spoons

## Tips and Variations:

- Swap white rice for brown rice.
- Use cooked, skinless chicken, tofu or prawns instead of ham.