

# Fried Rice

## Ingredients:

### **Rice:**

125 mL rice  
250 mL water  
2 mL salt

75 mL celery  
3 mushrooms, sliced  
¼ green pepper, chopped  
1 green onion  
75 mL frozen peas  
1 egg, beaten  
10 mL soy sauce



**Options:** add in leftover cooked meats, canned shrimp or other veg.

## Method:

1. Cook rice - combine rice, cold water and salt in medium pot. Bring to a boil; cover with a tight fitting lid, reduce to low and simmer for 15-20 minutes. No peeking.
2. Prepare vegetables (wash and cut).
3. Cook peas using a microwave. Place peas in glass liquid measuring cup, add approx. 50 mL water, cover and heat on high for 2 minutes. Drain.
4. In a lightly oiled frying pan, sauté vegetables (except peas) until almost tender (approx. 2 minutes).
5. Add cooked rice and peas. Combine well. Stir in beaten egg until the egg is set. Soy sauce can be added at this point or once rice is plated, depending on taste.