**Fried Rice**

**Equipment:**
- Measuring cup
- Rice cooker
- Electric frying pan
- Egg spatula
- Sharp knife
- Chopping board
- Garlic crusher
- Measuring spoon

**Ingredients:**
- White rice – 3 cups
- Olive oil – 3 Tbsp.
- Frozen peas and carrots – 1 cup
- Onion – 1 small
- Garlic cloves – 2
- Eggs – 2
- Soy sauce – ¼ cup

**Method:**

1. Prepare rice for next class: Measure 3 cups into rice cooker add 4 cups of water and turn on.
2. Cut ends off onion, peel brown skin of, chop finely.
3. Remove skin off garlic, crush in garlic crusher.
4. Crack eggs into a cup or small measuring jug, whisk with a fork.
5. Measure ¼ cup soy sauce.
6. Heat electric frying pan to a medium heat, add 3 Tbsp. olive oil.
7. Add the peas/carrots, onion and garlic. Stir fry until tender.
8. Lower the heat to medium low, push the mixture to one side, then pour your eggs on the other side and stir fry until scrambled.
9. Add the rice and soy sauce and blend all together well. Stir fry until thoroughly heated.

Leader: ____________________________  Quiet Captain: ____________________________