



FRIED RICE (SERVES 4)

INGREDIENTS

4 x 1cm thick slices canned ham (reduced/low fat and salt if available)

½ cup rice (brown rice if available)

Spray oil (olive, sun flour or canola)

1 cup canned mixed vegetables (reduced salt if available)

2 Tablespoons soy sauce (reduced salt if available)

UTENSILS

Medium saucepan

Measuring cups

Colander/sieve

Chopping board

Knife

Medium frying pan

Spatula or wooden spoon

Tablespoon



FRIED RICE



METHOD

1. Fill a medium saucepan with water and add the rice. Bring to the boil over high heat, then reduce to a simmer. Cook the rice stirring occasionally for approximately 12 minutes or until tender. Drain the rice using a colander or sieve and set aside to cool.
2. Meanwhile, cut the ham slices into 0.5cm cubes (*Refer to figure 3*)
3. Spray oil in a medium frying pan (to cover the base of the pan) and heat over medium heat. Add ham and cook for 4 minutes or until lightly golden, stirring occasionally. (*refer to figure 4*)
4. Drain the liquid from the mixed vegetables and add them to the pan with the ham pieces and cook for 1 minute or until vegetables are soft. (*Refer to figure 5*)
5. Add rice to the frying pan. Cook the fried rice mixture for 3 to 4 minutes while stirring. (*Refer to figure 6*)
6. Add soy sauce to the same frying pan. Stir until heated through.
7. Once cooked spoon in to bowls or on to plates and serve immediately.



Figure 1: Recipe utensils



Figure 2: Recipe ingredients



Figure 3: Step 2 cutting ham pieces



Figure 4: Step 3- cooking ham pieces



Figure 5: Step 4- adding mixed vegetables to pan



Figure 6: Step 5- adding rice to pan

FOR MORE INFORMATION

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