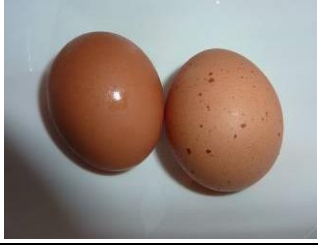





Fried Rice

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Ingredients list (serves 10):

1.	2 eggs	
2.	6 spring onions	
3.	1 capsicum	
4.	½ cup frozen peas	

Fried Rice

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5.	1/2 cup frozen corn	
6.	4 slices ham	
7.	1 cup uncooked rice	
8.	2 teaspoons Sweet Chilli Sauce	
9.	3 tablespoons Soy Sauce	

Equipment:



Knife



Chopping
Board



Fry Pan



Saucepan




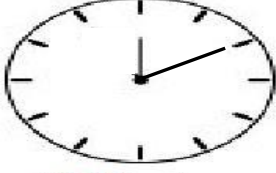









Wooden Spoon

Fried Rice



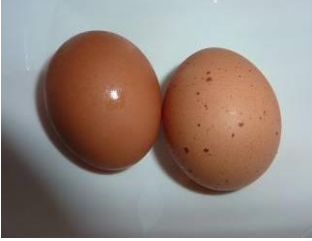





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Method:

1.	Bring 4 cups of water to boil in saucepan.		
2.	Add rice, cover and simmer for 10 minutes. Until rice is tender.		  <p>10 Minutes</p>
3.	Drain rice and rinse with hot water.		
4.	Slice Spring onions		 
5.	Dice ham		 






Fried Rice

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6.	Dice capsicum		→	
7.	Crack eggs into a small bowl and whisk		→	
8.	Heat a frying pan, spray with oil.			
9.	Add eggs, cook for 2-3 minutes.			
10.	Roll up egg, remove from pan and slice.		→	

Fried Rice

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11.	Spray clean frying pan with oil, add ham, capsicum, peas and corn			
12.	Stir-fry for 3-4 minutes or until heated through.			
13.	Add cooked rice, soy sauce and sweet chilli sauce, stir well, heat through.			
14.	Add egg and spring onion, toss for 30	