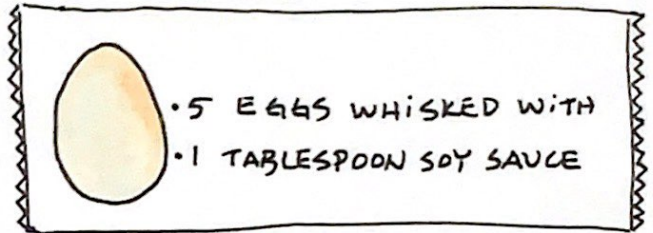


VEGETABLE FRIED RICE

INGREDIENTS:

- 3 TABLESPOONS CANOLA OIL
- 4 CLOVES GARLIC - PEELED + MINCED
- 2 INCH PIECE GINGER - PEELED + MINCED
- 5 CUPS ASSORTED VEGETABLES - WASHED + THINLY SLICED
- 5 CUPS COLD, COOKED RICE
- 1 TABLESPOON SESAME OIL
- 3 TABLESPOONS SOY SAUCE



- ① HEAT THE OIL IN THE WOK OVER HIGH HEAT
- ② ADD $\frac{1}{2}$ THE GINGER + GARLIC - STIR CONSTANTLY
- ③ IMMEDIATELY ADD $\frac{1}{2}$ OF THE CRUNCHY VEGETABLES + STIR FOR 2 MINUTES
- ④ ADD $\frac{1}{2}$ OF THE LEAFY VEGETABLES + COOK FOR 1 MINUTE
- ⑤ ADD $\frac{1}{2}$ OF THE RICE + STIR TO MIX
- ⑥ SCRAPE A CLEAR SPOT IN THE BOTTOM OF THE WOK, ADD A LITTLE OIL, ADD $\frac{1}{2}$ THE EGGS. SCRAMBLE THE EGGS WITHOUT MIXING IN THE RICE
- ⑦ WHEN THE EGGS ARE COOK, ADD SOY SAUCE, MIX TOGETHER, SERVE!
(WE COOK THIS RECIPE IN TWO BATCHES TO AVOID OVERFILLING THE WOK)