



Vegetable Egg Fried Rice



This quick meal is a flavorful way to pack in whole grains, veggies and protein. This recipe comes to us from our friends at [Jamie Oliver's Food Revolution](#). Remember that Food Revolution Day is Friday, May 15th!

Ingredients: (serves 6)

- 4 cups cooked leftover white or brown rice
- 3/4 cup frozen peas
- 3 large eggs
- 2 tbsp. low-salt soy sauce, plus extra to taste
- 2 tablespoons sweet chili sauce
- 2 tablespoons sesame oil
- 1 lime
- 6 scallions
- 2 cloves of garlic
- 1 red bell pepper
- 4 oz baby corn or snow peas
- 1/4 of a bunch of fresh cilantro

Instructions:

Kid: Kid: Use your fingers to crumble up the cold rice so the grains aren't stuck together.

Kid: Remove the peas from the freezer and leave to defrost. Meanwhile...

Together: Crack the eggs into a medium bowl and whisk well.

Kid: Place the soy sauce, sweet chili sauce and 1 tablespoon sesame oil into a small bowl.

Together: Cut the lime in half on a chopping board, then squeeze in the juice from 1 half. Whisk well.

Together: Trim and finely slice the spring onions. Peel and finely slice the garlic.

Together: Halve the pepper, scrape out the seeds and white pith with a teaspoon, then slice lengthways into strips.

Kid: Halve the baby corn lengthways.

Kid: Pick the cilantro leaves and set aside, then finely slice the stalks.

Adult: Place a large wok over a high heat and add 2 tablespoons sesame oil.

Adult: Once hot, carefully add the garlic and coriander stalks and cook for 30 seconds, then add the chopped vegetables and peas.

Adult: Fry for 1 minute, or until slightly softened, stirring regularly.

Together: Add the rice and stir well, making sure it doesn't stick to the bottom of the pan.

Adult: Cover with a lid or tin foil and cook for 2 minutes, or until the rice is piping hot through.

Adult: Once piping hot, use a wooden spoon to push the rice and vegetables to one side of the pan.

Adult: Working quickly, pour the egg mixture into the empty space in the pan and cook for 1 minute to scramble it slightly, stirring continuously.

Together: Fold the egg into the rice and vegetables, then take the pan off the heat.

Together: Stir in the lime dressing, then divide between your bowls.

Kid: Scatter over the reserved coriander leaves, then serve straightaway.

Food For Thought!

While we list cilantro in this recipe, Jamie Oliver and his British friends would call the same ingredient coriander, which is the America word for the spice we get from cilantro seeds. Chefs “across the pond” use many words that might be unfamiliar to Americans, like aubergine for eggplant and courgette for zucchini. We say it doesn’t matter what you call it, it’s all healthy food to us!



Cooking Tip of the Week

When shopping for limes, choose fruits that have thin, smooth skins rather than ones with thick bumpy skins. These limes have the most juice!

Conversation Starter

Do you have a special nickname for something that’s important to you, like a family member, pet or a toy? Why?



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