

THAI FRIED RICE



4	bowls of cooked rice per person
1	spring onion
1	carrot
1	stick of celery
2	eggs
2 – 4	tablespoons of soy sauce
2 – 4	tablespoons of vegetable oil

1. Peel the carrot and cut into small cubes (around half the size of dice).
2. Cut the celery into small cubes (again, around half the size of dice).
3. Slice the spring onion lengthways down the middle, then cut into small pieces.
4. Using a fork, scrape it lengthways down the cucumber to make grooves. Then carefully slice the cucumber.
5. Heat the oil in the wok. Add the vegetables to the wok. Stir regularly as they cook. Once the carrots have softened, move all the vegetables to the side of the wok.
6. Break the eggs into the wok, and quickly break them up with a wooden spoon whilst they cook. They should look a bit like scrambled eggs.
7. Once the egg is cooked, add the bowls of rice to the wok. Mix everything together. Add in the soy sauce and mix well.
8. Using a bowl, fill it up with fried rice, pressing the rice in gently. Quickly and carefully turn the bowl onto a plate. Add a few pieces of cucumber and enjoy!