

Fresh for Kids®

very vegie fried rice



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Ingredients:

- 1 1/2 cups long grain rice*, rinsed
- 2 tbs peanut oil
- 2 eggs, lightly beaten
- 1 medium onion, finely diced
- 2 garlic cloves, crushed
- 1 large carrot, peeled and grated
- 1/2 medium red capsicum, pith and seeds removed and finely chopped
- 1/4 small Chinese cabbage, finely shredded
- 1 cob sweet corn, kernels removed
- 250g sliced lean leg ham, roughly chopped
- 2 1/2 tbs kecap manis

Health benefits of Chinese cabbage:

Chinese cabbage is a good source of the B vitamin folate (important for healthy cells throughout the body). Keep maximum folate by giving cabbage to kids either raw or very lightly stir-fried.

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Method:

1. Cook rice in a large saucepan of boiling water for 12 minutes or until just tender. Drain and set aside until cold.
2. Heat a wok over medium-high heat. Add 2 tsp oil and heat until hot. Add egg and swirl around wok until a thin omelette forms. Cook for 1 minute or until firm. Remove omelette, roughly chop and set aside.
3. Add remaining 1 1/2 tbs oil to wok. Add onion and garlic and stir-fry for 1–2 minutes or until onion is soft.
4. Add carrot, capsicum, cabbage, corn kernels and ham to wok and stir-fry for 2 minutes until vegetables are tender and cabbage wilts.
5. Add rice, kecap manis and omelette to wok. Stir-fry for 2–3 minutes or until rice is hot and serve.

**Leftover cooked rice is ideal for this recipe.*

Serves: 4–6 kids as a meal
Preparation: 20 minutes
Cooking: 20–25 minutes