



Food For Thought Recipe and Allergen Card

Vegetable Egg Fried Rice

100 Portions

Ingredient	Hannah Product Code	Quantity
Easy Cook Rice		5k
Onion- Sliced		2k
Peppers – Sliced		2k
Carrot – Diced		2k
Soy Sauce		To taste
Peas		500g
Sweetcorn		500g
Olive oil		For frying
Eggs		12
Spring onion		Sliced

RECIPE METHOD – **ALLERGENS**

1. Fill a large pan 2/3 with water and bring it to the boil
2. Add the rice and cook for 15 minutes or until just cooked
3. In a very hot wok, add a little oil for frying
4. Lightly beat the **eggs** in a mixing bowl and add to the hot wok, cook until scrambled and take out of the wok
5. Return the work to the heat and add a little more oil
6. Working in batches, adding some vegetables, rice, **soy sauce** and egg stir-fry everything
7. Add the spring onions last minute and mix well

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...