



## Vegetable Egg Fried Rice

Ingredient	10 Portions	50 Portions	100 Portions
Easy Cook Rice	500g	2.5 kg	5 kg
Onion- Sliced	200g	1 kg	2 kg
Peppers – Sliced	200g	1 kg	2 kg
Carrot – Diced	200g	1 kg	2 kg
Soy Sauce	To taste	To taste	To taste
Peas	50g	250g	500 g
Sweetcorn	50g	250g	500 g
Olive oil	For frying	For frying	For frying
Eggs	1	6	12
Spring onion	Sliced	Sliced	Sliced

### Method

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

**Allergens** Wheat, Eggs, Soya