

Fried Rice

Ingredients:

2 tablespoons sesame oil (or vegetable oil)

Cooked rice (that you just cooked with your basic steamed rice recipe)

1 clove garlic

1 teaspoon crushed ginger

1 brown onion, peeled and finely diced

1 broccoli (cut off flower heads and chop into small pieces, then dice up your broccoli stalks too)

1 carrot, grated

½ can corn kernels, drained

5 Jerusalem artichokes, peeled and diced

1 cup frozen peas- defrosted

¼ cup soy sauce

Method:

- Heat up oil in a large fry pan. Add ginger garlic and onions, and fry for 1 minute.
- Add broccoli, carrot, artichokes, corn and peas and cook for a further 5 minutes.
- Add in your cooked rice and stir through. Add soy sauce and mix well.
- Serve into 4 bowls