



**SIL
School
Food**

School Improvement
Liverpool

Rainbow fried rice

Ingredients (Serves 4)

- | | | |
|--|---|---|
| <ul style="list-style-type: none">• 300g chicken• 1 red pepper• 4 mushrooms• ½ pack baby corn• ¼ cabbage | <ul style="list-style-type: none">• 1 carrot• 4 spring onions• Handful frozen peas• 3 eggs• 2 bags microwaveable rice | <p>Extras:</p> <ul style="list-style-type: none">• 1 tbsp. olive oil• 1 tsp ginger• 1 tsp garlic & tbsp.• Chinese 5 spice |
|--|---|---|

Equipment

- | | |
|--|--|
| <ul style="list-style-type: none">• Knife• Chopping board• Wok/big frying pan• Stirring/serving spoon | <ul style="list-style-type: none">• Teaspoon• Tablespoon• Peeler• Small bowl & fork |
|--|--|

Method

1. Prepare the chicken into small chunks and fry in the oil with garlic and ginger.
2. Whilst the chicken is cooking, chop the baby corn, pepper, mushrooms and spring onion.
3. Once the chicken is nearly cooked, add the chopped vegetables and give it a good stir.
4. Then use the peeler to make carrot ribbons and shred the cabbage into thin strips.
5. Add the carrots, cabbage and peas to the pan, mix well. Then, add 1 tbsp. soy sauce.
6. Scramble the eggs together in a small bowl with a fork. Move the vegetables and chicken to one side of the pan and pour the eggs into this space. Let the eggs cook into an omelette then start to break them up and distribute through the rest of the ingredients.
7. Add the bags of rice along with 3 tbsp. water, remaining soy and Chinese 5 spice. Mix thoroughly so ingredients are fully distributed.

