**How to Cook Rice**

Serves 4/5 – Make 1 per group

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| **Parboiled Rice**  250ml rice  500ml cold water  2ml salt |

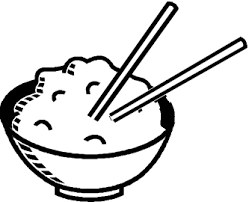
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1. Measure all three ingredients into a medium pot that has a tight fitting lid.
2. Put lid on pot and turn heat to high.
3. When water boils, lift the lid and give the rice a quick stir with a fork.
4. Replace the lid. Lower heat to the lowest setting on the stove.
5. Set timer for 20 minutes. DO NOT PEEK DURING THIS TIME!
6. After 20 minutes, you should see ‘fish eyes’ on the surface of the rice and the kernels should have absorbed all the water.
7. Lightly, with a fork, lift the rice a few times to fluff it up.

**Easy Fried Rice**

Serves 2/3

**Ingredients**



20 ml oil

1 egg

¼ onion, finely chopped

1 clove garlic, minced

½ carrot diced

125ml frozen corn

125ml frozen peas

1 green onion cut very thinly

30 ml soy sauce

**Method:**

1. Heat 5ml oil in wok or large skillet over medium heat. Add egg and scramble. Once cooked, remove egg and place in small bowl.
2. Add 15ml oil to wok/large skillet. Add minced garlic and finely chopped onions. Sauté until onions are tender, but not yet brown.
3. Add diced carrot. Sauté for 2-3 minutes.
4. Thaw frozen peas and carrots in a sifter by running under hot tap water. Add to wok. Sauté until all vegetables are warm, approximately 3-5 minutes.
5. Add thinly slice green onions, egg, rice and soy sauce.
6. Cook and stir until mixture is well blended.

