

# Fried Rice



Serves 40

## Ingredients

16 cups Cold Cooked rice (Medium grain)  
Oil (Canola or Vegetable)  
4 (1 kg) Capsicums, sliced  
4 Spring onions, sliced (use entire bunch)  
4 garlic flakes (finely chopped)  
½ small Cabbage, shredded  
1 kg Frozen vegetables (peas, corn, carrot)  
½ cup (130 mL) Tamari Gluten Free soy sauce

## **Method to make rice** (make rice in the morning if cooking in the afternoon and let rice cool in the fridge)

8 cups (1.6 kg) 20 cups water

1. To wash the rice, place the rice in a large cooking pot. Cover with water, stir, then drain most of the water.
2. Cover the rice with the amount of water specified in the table above.
3. Cover the pan with the lid and bring the water to the boil, stirring briefly once or twice to prevent rice sticking to the bottom of the pan.
4. Reduce the heat and cook gently with lid on until rice is tender and fluffy, about 12 minutes.
5. Remove from the heat, Drain water and use as required.

## **Method for Fried Rice**

Heat 1 tablespoon of oil in a frying pan

Add spring onion and garlic stir-fry

Then add frozen vegetables stir-fry

Add capsicums and cabbage until almost tender, about 5 minutes.

Gradually stir in the rice and cook until heated through and piping hot, about 10 minutes.

Stir in the soy sauce then remove from the heat and serve at once.