

Fried Rice Recipe

Jake, Rosie, Preeti and Lizard all have Food Tech together and the first meal they make is Fried Rice. This is a very versatile dish that can be eaten for lunch or dinner, as a main meal or as a side dish.



The following recipe is a vegetarian fried rice that uses a wonderful meat substitute called Soya Wadi. Adding soya wadi rather than meat allows the carb rich rice to be complemented by a plant-based protein making this a meal in its own right. (You could substitute the soya for tofu to get a similar result.)

INGREDIENTS - For Soya Wadi

- 3 cups water (for boiling the soya wadi)
- ½ cup soya wadi chunks
- ½ tsp salt (for boiling)
- ½ cup soya wadi
- ½ tsp crushed ginger
- ½ tsp crushed garlic
- ¼ tsp chilli powder (optional)
- 1 tbsp soya sauce
- 1 tbsp vegetarian oyster sauce (mushroom based)
- 1 tbsp sesame oil

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INGREDIENTS - For Fried Rice



2 tbsp sesame oil
2 clove garlic (finely chopped)
1 chilli (slit) - optional
4 tbsp spring onion(chopped)
½ brown onion (finely chopped)
½ carrot (finely diced)
¼ capsicum (finely diced)
¼ cup frozen peas
¼ cup frozen corn
3 eggs - whisked
2 cups cooked rice- at least a day old so it
has dried out slightly



INGREDIENTS - For Sauce

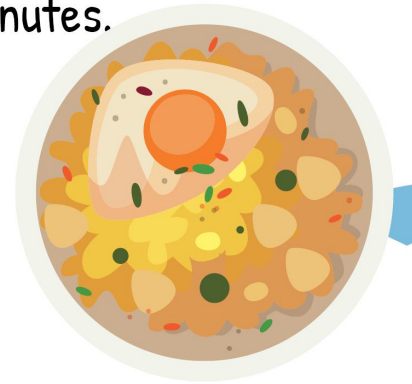
1 tbsp mirin
1 tbsp vegetarian oyster sauce
1 tbsp soy sauce
½ tbsp sesame oil
¼ tsp white pepper



Fried Rice Recipe

Soya Wadi

1. In a saucepan boil water and salt and add soya chunks. Boil for 5 minutes.
2. Drain off and use strainer and the back of a spoon to squeeze out as much water as possible.
3. In a bowl mix -ginger, garlic, chilli powder (optional), soya sauce, vegetarian oyster sauce (a mushroom based sauce) and sesame oil.
4. Add squeezed soya and marinate for 30 minutes.



Fried Rice

1. In a wok or large skillet heat oil (reserve ½ tbsp for later) and fry marinated soya for 3 minutes or until it turns crisp and. Place in a bowl lined with paper towel.
2. In remaining oil fry garlic and brown onion.
3. Add diced vegetables and peas. Cook until water evaporates.
4. Add rice and sauce ingredients. Cook for 1 ½ minutes until liquid evaporates.
5. Remove rice and vegetables from the pan.
6. Add ½ tbsp oil to the pan and pour in egg then scramble.
7. Return fried soya wadi, rice and vegetables to the pan.
8. Add shallots and mix all ingredients together well.
9. Remove from heat and either serve immediately or divide into containers for lunch or freeze.