



FRIED RICE LETTUCE CUPS

FEEDS: 4-6. SEASON: ALL.

Looking for a new way to serve up your food? Try a lettuce cup! Children will love filling a crisp lettuce leaf with delicious fried rice and eating straight from their hands. This is a great way to empty your fridge and use up any leftover rice and vegetables.

INGREDIENTS

- ☐ 6 eggs
- ☐ 3 tsp salt-reduced soy sauce
- ☐ 2 cm knob of ginger, peeled and finely chopped
- ☐ 2 tsp sunflower oil
- ☐ 4 cups cooked rice
- ☐ 1 bunch spring onions, finely chopped
- ☐ 2 silverbeet leaves, finely chopped
- ☐ 1 small red onion, peeled and finely chopped
- ☐ 1 small carrot, finely chopped or grated
- ☐ 30 small whole lettuce leaves

EQUIPMENT

- ☐ measuring cup and spoons
- ☐ chopping board
- ☐ cook's knife
- ☐ small bowl
- ☐ whisk or fork
- ☐ wok

WHAT TO DO:

1. Beat the eggs in the small bowl with the ginger.
2. Heat the wok with 1 tsp sunflower oil.
3. Pour in the egg mixture and leave to cook for 20 seconds, before folding onto itself and cooking through.
4. Remove the egg from the wok and allow it to cool on the chopping board, then slice it thinly.
5. Heat the remaining sunflower oil in the wok.
6. Add the onion, ginger, carrot and spring onions and cook for 2 minutes, then add the rice and soy sauce.
7. Reduce the heat and add the silverbeet and cooked egg slices. Combine ingredients, then remove the wok from the heat.
8. Serve with a platter of washed lettuce leaves. Place the rice in the leaves, roll and eat.