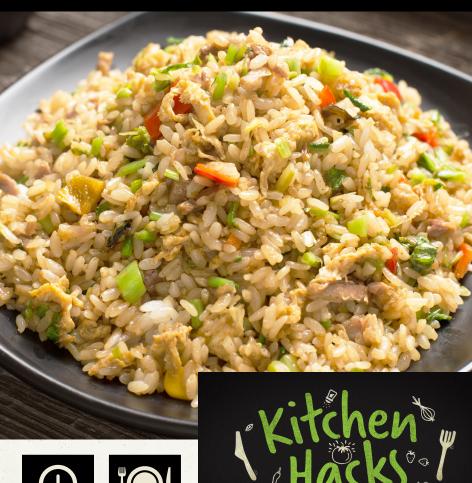
FRIED RICE







INGREDIENTS

1½ tsp vegetable oil

sesame oil 1tsp

diced carrots (1/2" diced) ½ cup

diced onions (1/2" diced) ½ cup

diced celery (1/2" diced) ½ cup

1 boneless, skinless chicken thigh, finely chopped

¼ cup frozen green peas

clove garlic, finely minced

½ tsp Chinese five spice

1tbsp soy sauce

2 cups day old jasmine rice

DIRECTIONS

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- Mix sesame and vegetable oil. Place half of the oil in a large frying pan over high heat.
- 2 Add chicken, carrots, garlic, onions, and celery to pan and allow to fry for 2 minutes or until mixture begins to brown.
- 3 Remove mixture from pan and reserve.
- 4 Wipe pan clean and then add remaining oil. Add day old rice.
- 5 Allow rice to fry, undisturbed for 2 minutes.
- 6 Add meat/veg mixture, five spice, peas, and soy sauce and stir well to combine.
- 7 Transfer to bowls or plates and enjoy!

WORKING TOGETHER:









