



Fried Rice Lettuce Cups

SERVES: 6

INGREDIENTS:

- 6 eggs
- 4 cups cooked rice
- 8 spring onions, finely chopped
- 2 silver beet leaves, finely chopped
- 2cm knob ginger, finely chopped
- 1 small red onion, finely diced
- 1 small carrot, julienned or grated
- 2 tbsp sunflower oil
- 3 tbsp light soy sauce
- 2 tsp sesame oil
- 30 small, whole lettuce leave/or cabbage



METHOD:

1. Beat eggs with 1 tbsp soy and ginger
2. Heat wok with 1 tbsp oil
3. Pour in the egg mixture and leave to cook for 20 seconds, before folding onto itself and cooking through
4. Remove egg mixture from the wok and allow to cool on the chopping board, then slice
5. Heat remaining oil and sesame oil in the wok
6. Add onion, carrot and spring onions and cook for 2 minutes, then add rice and remaining soy sauce
7. Reduce heat and add silverbeet and cooked egg slices. Combine ingredients, then remove the wok from the heat
8. Divide for serving. Provide lettuce/cabbage leaves for eating.