

Fried Rice for the Family

Over the past few weeks, you've learned how to cook delicious dinner bowls and scrumptious soup for your family. Now, you will learn all about how to make Fried Rice -- a nutritious, colorful, and filling meal!

STEP ONE: CHOOSE YOUR INGREDIENTS

Is this your first time making Fried Rice? How exciting! The first thing you will want to do is figure out what you have in the kitchen that you can use in your fried rice.

We suggest organizing a family meeting to figure out what ingredients you can use.

Make sure your Fried Rice has all of the important components (parts). This will give you a balanced meal. Balanced fried rice has five parts: grain, protein, veggies, sauce, and mix-ins. Here are some examples you might use from each category:

- Grains: white rice, brown rice, wild rice, quinoa
- Proteins: egg, tofu, leftover chicken, shrimp, or crumbled pork
- Veggies: carrots, peas (frozen or fresh), asian greens (napa cabbage, bok choy, tat soi), broccoli, corn (frozen or fresh)
- Sauce: combine any of the following to suit your taste: sesame oil, rice vinegar, soy sauce, tamari, fish sauce, garlic, grated or ground ginger
- Mix-ins: sesame seeds, cashews, peanuts, pickled veggies (ginger, radishes), bean sprouts



STEP 2: PLAN FRIED RICE FOR YOUR FAMILY

Use this handy chart to design your very own Fried Rice! If you want, consider asking different members of your household to gather and prepare ingredients for each category.

	Grain	
	Protein	
	Veggies	
	Sauce	
	Mix-Ins	

Challenge: Can you [Eat the Rainbow](#) when you make your Fried Rice??

STEP 3: TIME TO COOK - FRIED RICE RECIPE

(This recipe makes enough for about 4 bowls)

You can follow this recipe exactly, or you can use these basic directions with the recipe planned (in Step 2) with your own ingredients. The basic idea here is to combine rice, proteins, and veggies, then top with a sauce and whatever other mix-ins you have around the house to make your rice delicious.



INGREDIENTS

- 2 large cloves garlic, *peeled* and *minced*
- 1-inch piece fresh ginger, *peeled* and *grated*
- 1 small onion, *peeled* and *diced*
- 2 carrots, *peeled* and *coarsely grated*
- 1 medium head broccoli
- 1 bunch Chinese cabbage (bok choy, tatsoi, napa cabbage)
- ½ cup corn, fresh or frozen
- ½ cup green peas OR edamame, fresh or frozen
- 2 tbsp. cooking oil
- 1 tbsp. fish sauce (optional)
- 2 tbsp. soy sauce
- 3-4 cups cooked brown rice (for directions on how to cook rice, [follow this tutorial](#))
- 2 eggs

DIRECTIONS

1. Wash all the veggies and then *peel, mince, grate* and *chop* them as noted in the ingredients list.
2. For the broccoli, cut off and chop the stems into small pieces, then set them aside separately. Cut the florets into bite sized pieces.
3. For bok choy or tatsoi, break off and chop the stems, then chop the thin leaves separately. Napa cabbage may be chopped all together.
4. Heat 1 tbsp. of oil in a large sauté pan or wok over medium heat. Carefully add the onions, listening for the sizzling sound. Cook, stirring frequently for 5 minutes.
5. Next, add the garlic and ginger and cook for 2 minutes.
6. Cook the remaining vegetables In order of thickness, stirring for 1-2 minutes between each addition: broccoli and Chinese cabbage stems, carrots, broccoli florets, corn, peas and finally the Chinese cabbage leaves.

7. Cover the pan to let the steam cook the vegetables for 2 minutes.
8. Carefully remove the lid away from your face to allow the steam to escape. Add the fish sauce and soy sauce to the pan and stir to combine.
9. Combine the vegetables with the rice in a large pot or serving bowl and cover.
10. In the pan used for the vegetables, heat the remaining 1 tbsp. oil, then add the eggs and scramble quickly. When finished, toss them into the vegetable and rice mixture and serve.

SKILL TIME - Make the Perfect Pot of Rice

If you want to learn how to make a delicious pot of rice to use in your fried rice and other dishes, [check out our guide to making the perfect pot of rice](#).

