



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

WOK FRIED RICE

2 ½ tablespoons vegetable oil (divided)

½ teaspoon sesame oil

1 cup frozen baby peas, thawed

1 medium carrot, peeled and grated

4 green onions, sliced

1 clove garlic, minced

3 cups cooked long grain white rice, chilled
(1 cup uncooked rice)

3 large eggs

2 tablespoons soy sauce

1. Heat 2 tablespoons of the vegetable oil and the sesame oil in wok or large skillet over medium heat.
2. Carefully add peas, grated carrot, green onions, and garlic all at once; stir fry for 1 minute.
3. Add rice and cook stirring occasionally for 2 to 3 minutes or until heated through.
4. In small bowl, whisk eggs and set aside.
5. With wooden spoon, move rice mixture away from middle of pan forming a well. Pour remaining ½ teaspoon vegetable oil in center of wok and heat.
6. Pour beaten eggs in center of wok; cook eggs stirring gently with wooden spoon trying to keep toward center of wok until eggs are almost fully cooked.
7. Stir rice mixture into eggs until well mixed.
8. Add soy sauce and heat for 1 to 2 minutes.
Makes 4 servings.

