

Vegetarian Fried Rice

Ingredients:

- 6 cups cooked rice
- 4 eggs (Leave out for Egg Free)
- 3 tablespoons olive oil
- 1 carrot grated
- 1/2 cup corn
- 1 capsicum diced
- 2 shallots finely chopped
- 1/2 brown onion diced
- 1/2 cup frozen peas
- Salt and Pepper
- Soy Sauce- Optional on own serve
- **Broccoli and Pak choy if available from the garden

Equipment:

- Small bowl
- Whisk
- Measuring cups
- Measuring spoons
- Electric frying pan
- Spatula
- Knife
- Chopping Board
- Grater



Method:

1. Collect all of the ingredients and equipment.
2. Cut up the capsicum, onion and spring onions and grate the carrot. Set aside until needed.
3. Using a whisk lightly beat eggs and 3 tablespoons of water in a small bowl.
4. Heat 1tbs oil in the electric frying pan over medium heat. Add eggs. Swirl over base to form an omelette. Cook 2 minutes then flip. Cook until set. Transfer to a chopping board. Set aside to cool slightly. Cut into short strips.
5. Heat Frying pan again to medium heat and carefully add remaining 2 tbs oil. Add carrot, onion, corn, capsicums and peas. Stir fry 2 minutes. (**Also add in any extra garden greens if available here)
6. Fold in the rice and continue stirring for 3-4 minutes as it heats through.
7. Add egg and season with salt and pepper.
8. Garnish with finely chopped spring onion.
9. Serve with soy sauce (optional).

Blueberry Muffins

Ingredients:

- 1 1/2 cups Self Raising flour
- 3/4 cup caster sugar
- 1/4 teaspoon fine sea salt
- 2 teaspoons baking powder
- 1/3 cup vegetable oil
- 1 egg (egg replacer for EF)
- 1/2 cup milk (Oat Milk- Dairy free sub)
- 1 1/2 teaspoons vanilla extract
- 1 cup blueberries



Equipment:

- Measuring cups
- Measuring spoons
- Muffin tray
- Paper muffin liners
- Whisk
- Large mixing bowl
- Small mixing bowl
- Fork
- Spatula
- 2 Tablespoons to scoop mixture
- Cooling rack

Method:

1. Collect all of the ingredients and equipment.
2. Heat oven to 180 degrees Celsius and line muffin tray with paper liners.
3. Whisk the flour, sugar, baking powder and salt in a large mixing bowl.
4. Whisk the oil, egg, vanilla and milk in a small bowl.
5. Add the wet mixture into the dry mixture and gently combine with a fork. Be careful not to over mix the batter.
6. Fold in the blueberries with a spatula.
7. Divide the batter between the muffin cups using the 2 tablespoons.
8. Sprinkle a little bit of sugar on top of each muffin.
9. Bake muffins for 15 to 20 minutes or until the tops are no longer soft.
10. Transfer to a cooling rack and allow to cool before eating.