Nasi Goreng

Traditionally a meal that uses left overs, near enough anything can be added to this dish, although always ensure it is thoroughly cooked. Some suggestions are scrambled egg, chicken, bacon, sausages, tuna, prawns, anything that you like! A great way of eating your five a day rainbow.

Ingredients

Rice

Carrots

Peas

Onions

Peppers

Mushrooms

Pineapple

(Any veg or meat you like)

Soya sauce

Oil

Utensils

Chopping board

Peeler

Knife

Bowl x 3

Fish slice

Frying pan

Saucepan

Method

Put the rice on to cook until soft. Prepare the vegetables while the rice is cooking. Once the rice is soft, drain and place into a large bowl.

Peel the carrots, top and tail and then slice lengthways in half. Cut in half again so they are in quarters and then slice thinly. Boil a saucepan of water and place the carrots, peas and sweetcorn into it. Cook until the carrots are soft. (Remember to use a spoon to take out a piece of carrot and test.) Add to the bowl of rice.

Cut one end off of the onion and peel, then cut in half through the other end. Make thin cuts about 1cm from the remaining end all the way across the onion and then slice the other way so that you have small pieces of onion.

Wash the peppers then cut the top off. Cut the pepper in half and remove any leftover seeds. Slice into fingers and then into small squares.

Wash the mushrooms. Slice in half through the stalk, then lie flat and slice thinly.

Put some oil and one piece of onion in the pan. Turn it on. When the onion starts bubbling add the remainder of the onions and using your fish slice move them around gently until cooked. Add the peppers and mushrooms and cook for roughly 5 minutes. Once soft, add to the bowl of rice and carrots.

Cut the pineapple into small chunks and add to the bowl. Give it a good stir until all mixed.

Put a frying pan on the hob and add a little bit of oil and some soya sauce. Add a portion of the rice mixture and stir fry until hot. If cooking it all then use a wok if you have one, making sure you keep it moving it so it does not stick to the pan.

Can be eaten cold the next day.

If adding scrambled egg, crack the eggs into a jug, add a little milk and either put in the microwave or use a pan to cook until no longer runny. Add to the bowl before stirring.

Sausages, bacon or chicken need to be cooked first then sliced into small pieces and added before stirring.