

# Chinese Fried Rice

**Type:** Main

**Serves:** 30

**Recipe source:** Taste.com.au

**Fresh from the garden:** eggs, green onions

| <b>EQUIPMENT:</b>       | <b>INGREDIENTS:</b>                         |
|-------------------------|---|
| Bowls                   | 2 cups (380g) SunRice Long Grain Brown Rice |
| Chopping board          | olive oil cooking spray                     |
| Cooks knives            | 4 eggs, lightly beaten                      |
| Frying pan/wok          | 125g packet 97% fat-free bacon, chopped     |
| Wooden spoon            | 1/2 teaspoon sesame oil                     |
| Measuring cups & spoons | 4 green onions, sliced                      |
| Saucepan                | 500g cooked prawns, peeled, halved          |
| Colander                | 1 cup frozen peas                           |
| Whisk                   | 1 cup beansprouts, trimmed                  |
|                         | 2 tablespoons light reduced-salt soy sauce  |

## What to do:

1. Cook rice in a saucepan of boiling salted water for 30 to 35 minutes or until tender.
2. Drain.
3. Rinse under cold water.
4. Set aside.
5. Heat a wok over medium-high heat. Spray with oil.
6. Pour in half the egg.
7. Swirl to coat.
8. Cook for 1 minute or until just set.
9. Remove to a board. Roll up.
10. Stand for 1 minute.
11. Repeat with remaining egg. Thinly slice.
12. Increase stovetop heat to high. Spray wok with oil.
13. Add bacon. Stir-fry for 3 to 4 minutes or until golden.
14. Add oil, onions, prawns and peas.
15. Stir-fry for 1 minute.
16. Add rice.
17. Stir-fry for 3 minutes or until heated through.
18. Add egg, sprouts and soy sauce.
19. Stir-fry until combined.
20. Serve.

# Spring Rolls

**Type:** Main/Snack

**Serves:** 30

**Recipe source:** Taste.com.au

**From the garden:** garlic, wom bok, carrot

| <b>EQUIPMENT:</b>       | <b>INGREDIENTS:</b>                             |
|-------------------------|---|
| Bowls                   | 2 cups vegetable oil                            |
| Chopping board          | 3 garlic cloves, finely chopped                 |
| Cooks knives            | 3 cups finely shredded wombok (Chinese cabbage) |
| Wooden spoon            | 2 medium carrots, peeled, grated                |
| Measuring cups & spoons | 1 tablespoon cornflour                          |
| Frypan/Wok              | 1 tablespoon oyster sauce                       |
| Clean tea towel         | 1 tablespoon soy sauce                          |
| Pastry brush            | 1 cup beansprouts, trimmed                      |
| Baking tray             | 10 frozen spring roll wrappers, thawed          |
| Slotted spoon           | Sweet and sour sauce, to serve                  |
| Baking paper            |   |

## What to do:

1. Heat a wok over high heat. Add 1 tablespoon oil.
2. Swirl to coat.
3. Stir-fry garlic, cabbage, and carrot for 1 to 2 minutes or until just wilted.
4. Add cornflour, oyster sauce, soy sauce and beansprouts to wok.
5. Stir-fry for 1 minute or until slightly thickened.
6. Transfer mixture to a heatproof bowl.
7. Set aside to cool.
8. Wash and dry wok.
9. Place 1 spring roll wrapper on a flat surface with 1 corner facing you.
10. Cover remaining wrappers with a dry tea towel to prevent them from drying out.
11. Place 2 tablespoons cabbage mixture across corner.
12. Fold corner over filling. Roll up firmly to enclose, folding in edges.
13. Brush final corner with cold water to seal.
14. Place on a tray lined with baking paper.
15. Repeat with remaining ingredients.
16. Pour remaining oil into wok. Heat over medium-high heat.
17. Cook spring rolls, in batches, for 3 to 4 minutes or until golden.
18. Using a slotted spoon, remove from wok. Drain on paper towel.
19. Serve spring rolls with sweet and sour sauce.

# Chow Mein

**Type:** Main

**Serves:** 30

**Recipe source:** Taste.com.au

**Fresh from the garden:** carrot, garlic, celery, beans, wom bok, mushrooms

| <b>EQUIPMENT:</b>       | <b>INGREDIENTS:</b>                      |
|-------------------------|--|
| Bowls                   | 1 tablespoon sunflower oil               |
| Chopping board          | 500g lean beef mince                     |
| Cooks knives            | 1 medium brown onion, finely chopped     |
| Frying pan/wok          | 2 garlic cloves, crushed                 |
| Wooden spoon            | 1 tablespoon curry powder                |
| Measuring cups & spoons | 1 large carrot, peeled, finely chopped   |
|                         | 2 trimmed celery stalks, finely chopped  |
|                         | 8 button mushrooms, thinly sliced        |
|                         | 1 cup (250ml) salt-reduced chicken stock |
|                         | 1/3 cup (80ml) oyster sauce              |
|                         | 2 tablespoons salt-reduced soy sauce     |
|                         | 350g packet fresh thin egg noodles       |
|                         | 1/2 cup (80g) frozen peas                |
|                         | 1/2 cup (60g) frozen sliced green beans  |
|                         | 1/2 small wom bok, coarsely shredded     |

## What to do:

1. Heat the oil in wok or large frying pan over high heat. Add the beef, onion and garlic and stir-fry for 5 minutes or until the mince changes colour and is cooked though.
2. Add the curry powder and stir-fry for 1 minute or until fragrant. Add the carrot, celery and mushroom, and stir-fry for 2 minutes or until vegetables are tender.
3. Add the stock, oyster sauce, soy sauce and noodles and stir-fry for 2-3 minutes or until the mixture boils and thickens slightly. Add peas, beans and cabbage and reduce heat to low. Cook, tossing occasionally, for 5 minutes or until vegetables tender.
4. Divide evenly among serving bowls.

# Warm Noodle & Vegetable Salad

**Type:** Main/Salad      **Serves:** 30      **Recipe source:** Taste.com.au  
**From the garden:** garlic, ginger, cucumber, capsicum, carrot

| <b>EQUIPMENT:</b>       | <b>INGREDIENTS:</b>   |
|-------------------------|---|
| Bowls                   | 150g dried plain Chinese noodles                                  |
| Chopping board          | 1 Lebanese cucumber, halved lengthways, thinly sliced             |
| Cooks knives            | 1 small red capsicum, halved, deseeded, diagonally, thinly sliced |
| Large spoon             | 1 carrot, peeled, cut into thin, short sticks                     |
| Measuring cups & spoons | 50g ginger slices   |
| Saucepan                | 2 garlic cloves, crushed  |
| Colander                | 1 1/2 tablespoons olive   |
|                         | 1 1/2 tablespoons soy sauce                                       |
|                         | Salt & freshly ground black pepper                                |

## What to do:

1. Cook the noodles in large saucepan of salted boiling water, following packet directions, until tender.
2. Drain well and place in a large bowl.
3. Add the cucumber, capsicum, carrot and ginger, and toss to combine.
4. Place the garlic, oil and soy sauce in a small saucepan.
5. Stir over medium heat until warm.
6. Pour the warm dressing over the noodle salad and toss to combine.
7. Taste and season with salt and pepper.
8. Place the salad in serving bowls and serve immediately.

# Fortune Cookies

**Type:** Dessert/Snack

**Serves:** 30

**Recipe source:** Taste.com.au

|   |  |
|---|--|
| <b>EQUIPMENT:</b><br>Bowls<br>Chopping board<br>Cooks knives<br>Wooden spoon<br>Measuring cups & spoons<br>Baking tray<br>Spatula | <b>INGREDIENTS:</b><br>60g unsalted butter, softened<br><br>1/2 cup (110g) caster sugar<br><br>2 eggwhites, at room temperature<br><br>1/3 cup (50g) plain flour<br><br>45 messages on 1 x 5.5cm pieces of paper |
|---|--|

## What to do:

1. Preheat oven to 180°C. Place butter and sugar in a bowl.
2. Using a wooden spoon, combine well.
3. Add egg whites, 1 at a time, stirring until smooth.
4. Stir in flour and a pinch of salt until smooth.
5. Using an 8cm pastry cutter as a guide, trace 4 circles, 4cm apart, on to a sheet of baking paper.
6. Flip paper over and place on a greased oven tray.
7. Using a metric measuring spoon, spoon a slightly rounded teaspoon of mixture on to each circle.
8. Use the back of a spoon to spread batter to fill circles.
9. Bake for 6-7 minutes or until cookies begin to brown around edges.
10. Working quickly slide a spatula under each cookie to loosen, then place a message on top of each.
11. Fold hot biscuits in half to enclose, pressing edges together, then bend in half the other way, over the edge of a glass, to create crescent shapes.
12. Hold for a few seconds. Place on a wire rack to cool.
13. Repeat with remaining batter.
14. Can be stored in an airtight container for up to 5 days.