**Fried Rice Lettuce Cups**

**Season:** Winter

**Serves:** 12 tastes

**Recipe source:** adapted from SAKGF

**Fresh from the garden:** Pak choy, snow peas, purple beans, coriander, lettuce, lime

**Notes:** Each group is preparing 1/3 of the total ingredients, and then all the ingredients will be cooked together on our paella burner. If you are making this at home, a saucepan would be fine instead.

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| **Equipment:**  metric measuring cups and spoons  chopping board  cook’s knife  Scissors  Small grater  Onion chopper  vegetable peeler  Julienne grater  small bowl  whisk or fork  Paella pan or frying pan  Large spoon for mixing  Serving platters/bowls | **Ingredients:**  3 eggs  1 ½ tablespoons light soy sauce  small knob of ginger, peeled and grated  1 tablespoon sunflower oil  2 cups cooked rice  3-4 spring onions, finely chopped  Large handful Pak choy leaves, roughly chopped  ½ small red onion, peeled and finely chopped  ½ carrot, julienned or grated  Handful of snow peas, sliced  Handful of purple beans, sliced  1 teaspoon sesame oil  12 small whole lettuce leaves  Lime segments  Fried shallots |

**What to do:**

1. Prepare all of the ingredients based on the instructions in the ingredients list above.

2. Beat the eggs in the small bowl with ½ tablespoon soy sauce.

3. Heat the wok with ½ tablespoon sunflower oil.

4. Pour in the egg mixture and leave to cook for 20 seconds, before folding onto itself and cooking through.

5. Remove the egg from the wok and allow it to cool on the chopping board, then slice it.

6. Heat the remaining sunflower oil and the sesame oil in the wok.

7. Add onion, ginger, carrot, snow peas, purple beans and spring onions and cook for 2 minutes, then add rice and remaining 1 tablespoon soy sauce.

8. Reduce the heat and add the Pak choy and cooked egg slices. Combine ingredients, then remove the pan from the heat.

9. Divide between 3 serving platters for leaves

10. Provide each table with a platter of washed lettuce leaves. Diners place the rice in the leaves, roll and eat. Top with a squeeze of lime and some fired shallots if desired.