



TEEN BATTLE CHEF



Veggie Fried Rice



15 mins



10 mins



8 Servings
Buy Double Ingredients & Make Twice
for 16 Servings



- 4 cups (Quart)** Cooked white or brown rice (day old) get two quart containers, Make recipe **TWICE**
- ½ tablespoon** Butter
- 2** Whole eggs
- 2 tablespoons** Vegetable or canola oil
- 1 teaspoon** Ginger, peeled or grated
- 1** Carrot, diced thin into half moons
- 2** Cloves of garlic, minced
- ½** Medium white onion, diced small
- 1 pound** Shrimp, chicken, or beef, diced (optional)
- 3** Stalks of Chinese broccoli, diced (Can use ½ head of reg. Broccoli crowns)
- ½ cup** Fresh or frozen peas
- ½ cup** Thai Asian Basil, chopped (Can use Cilantro or 2 stalks of Scallions)
- 2 ½ tablespoons** Light (Regular) soy sauce
- 1 tablespoon** Authentic oyster sauce
- ½ - 1 tablespoon** Dark soy sauce
- 1 teaspoon** Sesame oil
- ¼ teaspoon** Salt
- ½ - 1 teaspoon** Sugar

COOKING DIRECTIONS

1. **DICE** onion into ¼ inch cubes. **MINCE** garlic. **SLICE** Chinese broccoli in thin rings, or **SLICE** American broccoli florets into 2 inch pieces. **CHIFFONADE** basil. **MINCE** or **GRATE** ginger.
2. **DICE** chicken, beef or shrimp (remove shell and tails) into ¼ inch pieces.
3. **COMBINE** in a small bowl, the soy sauces, oyster sauce and sesame oil. **STIR** and set aside
4. **WHISK** the eggs in a separate small bowl until frothy
5. **HEAT** butter in a small skillet and **SCRAMBLE** eggs until just done. **REMOVE** from heat; set aside.
6. **ADD** 2 tablespoons of oil to a large skillet or wok, **ADD** ginger and carrots. **COOK** 30 seconds. **ADD** the chicken, shrimp or beef, **COVER** and **COOK** 5 minutes or until fully cooked.
7. **ADD** garlic, Chinese broccoli, onions, and salt. **COOK** for 3 minutes
8. **ADD** peas, half of the Asian Basil, all the soy sauce mixture, and sugar. **STIR** and **COOK** for 15 seconds
9. **ADD** rice and **COAT** in the sauce. **BREAK** up all white parts of rice with back of spatula until it's all light brown, about 1 or 2 minutes. **STIR** in remaining Asian Basil. **REMOVE** from heat.
10. **FOLD** the cooked eggs into the rice and **BREAK** apart gently with a spoon or spatula.
11. **TASTE** and **ADJUST** for more salt, sugar, or soy sauce.
12. **SCOOP** into individual serving bowls and **GARNISH** with any leftover basil, cilantro or scallions.

IMPORTANT: A quart container of day-old, cooked rice works best from any take-out Chinese restaurant. **KEEP REFRIGERATED!** Can substitute with Bok Choy or American broccoli. **MAKE** recipe **TWICE** to feed both teams.



EQUIPMENT NEEDED



- Large Nonstick Skillet w/Lid or Wok
- Small Skillet
- Cutting Boards
- Knives
- Measuring Spoons & Cups
- Hand Grater
- Whisk or Fork
- 12 *Mise en Place* Bowls
- Spatula
- Large Serving Spoon



- Serving Bowls
- Spoons
- Napkins

SEASONAL INGREDIENT SUBSTITUTIONS

Using seasonal ingredients not only enhances flavor and freshness but also supports local farmers. They provide the best taste and nutrition when they're at their peak. If you can't find them, don't worry! You can always use similar ingredients to keep the dish's essence intact.



Fall

Squash, broccoli, bell pepper



Winter

Cabbage, kale, onion varieties



Spring

Zucchini, spinach, peas



Summer

Spinach, zucchini, bell peppers



CULTURAL FACTS: VEGGIE FRIED RICE

- The earliest evidence of fried rice is found in China during the Sui Dynasty 589–618 AD
- It was used as a way to repurpose leftover rice and other ingredients into a meal
- Rice is a staple food in China, particularly in the southern regions. It's a foundation of Chinese cuisine, often eaten with meat and vegetables
- Fried rice tastes best using refrigerated, one day old, leftover rice of any kind
- It can be made with any combination of protein, vegetables, herbs and spices
- Chinese Fried Rice is so popular, it is now made in nearly every region in Asia, South Asia, and Southeast Asia, even spreading as far as countries in Africa using local ingredients, creating unique flavors



Popular Chinese foods:

- Dumplings – Thin dough wrappers filled with minced meat and vegetables, boiled, steamed, or pan-fried. They're a staple during Chinese New Year.
- Sweet and Sour Pork – Crispy pieces of pork coated in a tangy, sweet red sauce made from vinegar, sugar, and ketchup or tomato paste.
- Kung Pao Chicken – A spicy stir-fry of diced chicken, peanuts, and vegetables in a savory-sweet sauce made with chili peppers and Sichuan peppercorns.

Did You Know?

- Chopsticks have been used for over 3,000 years. They were originally made from twigs and used for cooking before becoming eating utensils.
- Fortune cookies aren't Chinese. They were actually invented in California by Japanese and Chinese-American immigrants!
- There are 8 major regional cuisines. These include Cantonese, Sichuan, Shandong, Jiangsu, Hunan, Fujian, Anhui, and Zhejiang – each with its own flavors and traditions.

NUTRITION FACTS

- **CARBS** for fast energy = white or brown rice, carrots, peas, sugar
 - **FIBER** for digestion, lower cholesterol, and fullness = peas, carrots, Chinese broccoli (or broccoli crowns), onion
- **PROTEIN** for building body tissues and energy = eggs, shrimp, chicken, or beef (optional), peas
- **FAT** for long-lasting energy and fullness = butter, vegetable or canola oil, sesame oil
- **VITAMINS & MINERALS** for immune health and strong metabolism = carrots, peas, broccoli, onion, basil, garlic, ginger
 - **IRON** for oxygen transport and energy metabolism = eggs, meat (optional), broccoli
- **ANTIOXIDANTS** for cell protection and reduced inflammation = garlic, ginger, basil, onion