

Mathematics. Measuring.

Using measuring cups and spoons to measure ingredients to make Fried Rice.



Measure 4 cups of water, pour it into a pot and bring to the boil. Measure 1 cup of rice and pour it into the boiling water. Boil rice for 10 minutes, strain and rinse. Set aside.

Heat frying pan on medium and spray with cooking spray. Peel and chop onion and place into the frying pan and cook until clear.

Add 150 grams of shredded ham or others meat and heat through.

Add 4 eggs and chop into pieces using egg lifter when cooked.

Measure 2 cups of mixed vegetables, add to frying pan and stir.

Add rice to frying pan and stir.

Measure 1 tablespoon of soy sauce and stir. (optional: add extra soy sauce to taste)

Serve hot.

