



Photo credit: My Morning Mocha

Prawn Fried Rice

INGREDIENTS

- 200g corn kernels
- 200g garlic shoots diced
- 100g diced onion
- 600g cooked rice
- 50g vegetable powder
- 120g sliced prawns
- 2 eggs mixed

METHOD

1. Dice the garlic shoots and onion. In a bowl add your cooked cold rice and add the vegetable powder and mix to combine.
2. In a hot pan or wok add enough oil to coat the pan to help the rice not stick. Drain off the remaining oil.
3. Add the mixed egg and stir until cooked then add the cooked rice and stir to combine the eggs into the rice.
4. Add the diced vegetables and the prawns and cook until every thing is combined and hot.
5. Serve straight away.

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Presented by Chef Ben Gimm
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Photo credit: The Woks of Life

Twice Cooked Beans

INGREDIENTS

- 500g green beans
- 5g diced king red chilli
- 5g diced garlic
- 30g shaoxing wine
- 10g dark soy

METHOD

1. Prep the beans by cutting off the ends and dicing the chilli and garlic.
2. In a fryer or wok, heat the oil. Once the oil is hot, add the beans for 2-3 minutes then remove from the oil and drain.
3. In a hot pan or wok, add small amount of oil to coat the pan then add the fried green beans, chilli and garlic and cook for 1 minute.
4. Add the shaoxing wine and dark soy and toss for 1 minute.
5. Serve while hot.

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