



Vegetable Fried Rice

INGREDIENTS

- 50g garlic shoots
- 50g corn kernels
- 200g medium grain rice
- 2 whole eggs

METHOD

1. Prepare your vegetables by dicing the garlic shoots, if using frozen corn kernels just weigh amount needed other wise cut corn cob to remove kernels
2. Crack and beat you eggs and set aside
3. Season your rice with vegetable powder and salt.
4. In a wok or frying pan heat up your oil and add egg.
5. Once the egg is cooked, add your rice and your vegetables until all is combined.
6. Serve hot.

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Presented by Chef Ben Gimm
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Black Pepper Beef

INGREDIENTS

- 300g tri tip beef
- 100g red and green capsicum
- 100g button mushroom
- 100g red onion
- 5ml dark soy
- 10ml knorr liquid seasoning
- 1 Lt Vege oil
- 10g Corn flour
- 100mL Water

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Black Pepper Beef

METHOD

1. In a bowl dice your tri tip then add corn flour water and some salt and let sit
2. Prep are your vegetables but dicing and set aside
3. In a wok or deep fryer, deep fry the beef and vegetables for 3 mins until cooked through
4. In a wok or fry pan add your cooked meat and vegetables
5. Add the seasoning, liquid, and tsp of butter Add the dark soy and finish with some corn flour and water.
6. Serve

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