### Stir Fried Rice:

**RECIPE**

- 250 Grams Chicken Breast (Cut to bite sized pieces and add to marinade.)
- 4-5 Eggs (Whipped together in separate bowl)
- 1/2 Cup Carrots, Diced
- 1/2 Cup White Onion, Diced
- 1/2 Cup Frozen Peas
- 1/2 Cup Frozen Whole Kernel Sweet Corn
- 2-3 Tsp. Ginger, Chopped
- 1/2 Cup Green Onion, Chopped
- 2 Tsp. Garlic, Chopped
- 4-5 Cups Cooked Rice (Cold - Day old better!)
- Canola oil for stir frying.

**Chicken Marinade:** Mix well and add small cubbed chicken:

- 1/2 Tsp. Salt and 1/2 Tsp. Black Pepper
- 1/2 Tsp. Oyster Sauce
- Corn Starch to thicken

Mix well and set aside

- Put oil in pan and add eggs. Scramble until light and fluffy - set aside.
- Add oil and stir fry marinated chicken.
- Add black pepper, salt and oyster sauce. Mix well.
- Add diced onions, garlic, ginger, green onion, peas, corn and diced carrots.
- Add the rice and stir until you hear the rice pop.
- Add eggs. Mix well.
- Serve on plate or bowl.

### Spring Rolls:

**RECIPE**

- 1/4 cup canola oil “divided”, which means, used in more than one place over the course of the recipe instructions.
- 8 cups cabbage sliced thinly
- 2 cloves ginger minced
- 2 carrots sliced thinly
- One small onion sliced thinly
- 2 Tsp. Salt
- 2 Tsp. Pepper
- 2 Tsp. Seasame oil
- 24 8” square spring roll wrappers
- Additional canola oil for frying

**Hints:**

- Cut the vegetables thinly, the more tender the vegetables are the more crisp and light the spring rolls are.
- Cook the filling until it is as dry as you can make it. A wet filling will make for a soggy spring roll.
- Do not add hot filling to spring roll wrapper. The wrapper is so thin, that it will become soggy quickly.
- Keep the spring roll wrappers covered before using. If they dry out they will become brittle and break.
- Eliminate as much air as you can. The roll will burst during frying and make a mess if air pockets are left inside.

- Add half the canola oil to a large heavy skillet on medium heat and add in the cabbage cooking about 5 minutes while stirring until almost all the liquid it releases has cooked off.
- Add in the ginger, carrots, onions and cook for 1 minute while stirring before adding in salt, pepper and sesame oil. Continue to stir and cool.
- Lay out the spring roll wrapper and add about 2 Tbs. of filling in the long rectangle shape. Fold the sides and roll the wrapper tightly.
- Cook the rolls in a flat pan in about 1 inch of oil. Continuously turn the rolls until golden brown.