Egg fried rice for two

450g cooked rice 4 tbs frozen peas (defrosted) 1 tbs soy sauce 1 tsp oil 3 finely chopped spring onions 2 eggs (beaten, fried and cut into strips)

**Measures**
1 tbs (tablespoon) = 15ml 1 tsp (teaspoon) = 5ml

**Method**
1. Heat oil in wok or large frying pan.
2. Add onions and stir fry for 1 minute.
3. Add peas and cook for 1 minute.
4. Add rice and stir fry for 2 minutes.
5. Stir in soy sauce
6. Sprinkle egg strips over top.

**Serve as a side dish or a light snack.**

**Task 1**

a) Complete the table to show the ingredients needed for 4 people, 1 person, etc.

<table>
<thead>
<tr>
<th>No of servings</th>
<th>Cooked rice</th>
<th>Peas</th>
<th>Soy sauce</th>
<th>Oil</th>
<th>Eggs</th>
<th>Spring onions</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>450g</td>
<td>4 tbl</td>
<td>1 tbl</td>
<td>1 tsp</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>4</td>
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<td>1</td>
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<td>3</td>
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<td>7</td>
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</tr>
</tbody>
</table>

b) Did you find any quick ways to work out the answers? ________________________________

**Task 2**

a) You have 6 eggs in the fridge. How many servings can you make? ______

b) You only have 10 tablespoons of peas. How many servings can you make? ______

**Task 3**

a) Show the proportion of soy sauce to oil as a ratio. ______ : ______
Variations

6 hot cooked chipolatas - sliced
4 rashers of cooked bacon - crumbled
200g frozen prawns - defrosted
1 gammon steak - grilled and diced
4 tbs frozen sweetcorn - defrosted
8 slices pepperoni - quartered

For a main course (serves two)
Use main recipe on page 1.
Add one (or more!) of the following at step 4

- 6 hot cooked chipolata sausages - sliced
- 4 rashers of hot fried bacon - crumbled
- 1 gammon steak, grilled and cut into small dice
- 200g frozen prawns - defrosted

For children (serves two)
Use main recipe on page 1 but use 350g cooked rice for two servings.
Omit onions and substitute one or more of the following at step 3

- 4 tbs frozen sweetcorn (defrosted)
- 8 slices pepperoni quartered

Task 4
a) You have a pack of 12 chipolata sausages. How many servings can you make? ______

b) Show the proportion of prawns to cooked rice as a ratio. ______ : ______

c) You use a 500g pack of frozen prawns.
   How much rice do you need? ______
   How many people will this serve? ______

d) How many gammon steaks needed to serve 9 people? ______

e) You are making the children’s recipe (pepperoni and sweetcorn) for 5 children.
   How many slices of pepperoni are needed? ______
   How much cooked rice? ______
Egg Fried Rice - answer sheet

Task 1

a) Complete the table to show the ingredients needed for 4 people, 1 person, etc.

<table>
<thead>
<tr>
<th>No of servings</th>
<th>Cooked rice</th>
<th>Peas</th>
<th>Soy sauce</th>
<th>Oil</th>
<th>Eggs</th>
<th>Spring onions</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>450g</td>
<td>4 tbl</td>
<td>1 tbl</td>
<td>1 tsp</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>4</td>
<td>900g</td>
<td>8 tbl</td>
<td>2 tbl</td>
<td>2 tsp</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>1</td>
<td>225g</td>
<td>2 tbl</td>
<td>½ tbl</td>
<td>½ tsp</td>
<td>1</td>
<td>1½</td>
</tr>
<tr>
<td>3</td>
<td>675g</td>
<td>6 tbl</td>
<td>1½ tbl</td>
<td>1½ tsp</td>
<td>3</td>
<td>4½</td>
</tr>
<tr>
<td>7</td>
<td>1575g</td>
<td>14 tbl</td>
<td>3½ tbl</td>
<td>3½ tsp</td>
<td>7</td>
<td>10½</td>
</tr>
</tbody>
</table>

b) Did you find any quick ways to work out the answers?

To find 4 servings double the amount for 2. To find 1 serving halve the amount for 2.
To find 3 servings add the amounts for 1 and 2 servings together.
To find 7 servings add the amounts for 3 and 4 servings together.

Task 2

a) You have 6 eggs in the fridge. How many servings can you make? 6 servings

b) You only have 10 tablespoons of peas. How many servings can you make? 5 servings

Task 3

a) Show the proportion of soy sauce to oil as a ratio. 3 : 1

Tip. First change measures to the same units. i.e. 15ml : 5ml. Then simplify by dividing both sides by 5.

Task 4

a) You have a pack of 12 chipolata sausages. How many servings can you make? 4 \((12 \div 3)\)

b) Show the proportion of prawns to cooked rice as a ratio. 4:9 \((200:450)\)

c) You use a 500g pack of frozen prawns.

1) How much rice do you need? 1125g

2) How may people will this serve? 5 people

d) How many gammon steaks needed to serve 9 people? 4½

e) You are making the children’s recipe (pepperoni and sweetcorn) for 5 children.

How many slices of pepperoni are needed? 20 slices. \((4 \text{ per serving})\)

How much cooked rice? 875g. \((175 \times 5)\)