

# Egg fried rice for two



450g  
cooked rice



4 tbs frozen peas  
(defrosted)



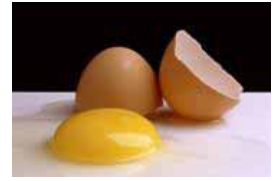
1 tbs  
soy  
sauce



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.

No of servings	Cooked rice	Peas	Soy sauce	Oil	Eggs	Spring onions
2	450g	4 tbl	1tbl	1tsp	2	3
4						
1						
3						
7						

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

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## 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

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## 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.

No of servings	Cooked rice	Peas	Soy sauce	Oil	Eggs	Spring onions
2	450g	4 tbl	1 tbl	1 tsp	2	3
4	900g	8 tbl	2 tbl	2 tsp	4	6
1	225g	2 tbl	½ tbl	½ tsp	1	1½
3	675g	6 tbl	1½ tbl	1½ tsp	3	4½
7	1575g	14 tbl	3½ tbl	3½ tsp	7	10½

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 ÷ 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 many 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 per serving)**

How much cooked rice? **875g. (175 x 5)**