

Knife Skills Fried Rice (IST)

Makes: 30 2-ounce servings

Time: 20 - 25 minutes



Ingredients:

Stir-fry ingredients:

- 3 teaspoons canola oil
- 2 cloves garlic, minced
- 2 scallions, thinly sliced
- 2 medium carrots, shredded using large holes on grater
- 1 medium zucchini, cubed
- ½ bell pepper (red, orange, or yellow), seeds removed and cubed
- 1 cup fresh green beans, ends removed and snapped into ½-inch pieces
- 1 small head broccoli, cut into small florets, stem grated
- (1) 8.8-oz package 90 Second Brown Rice

Stir-fry sauce:

- 2 scallions, thinly sliced
- ⅛ teaspoon red pepper flakes
- Zest and juice of 1 lime
- 1 teaspoon honey
- 1 ½ Tablespoons less-sodium soy sauce
- 1 teaspoon canola oil
- 2 cloves garlic, minced
- 1 Tablespoon rice vinegar

Instructions:

1. The assistant educator prepares the space for cooking while the lead educator introduces the lesson. Lead educator reads the recipe aloud with the students. It's recommended that you start cooking early and finish your lesson while the stir fry is cooking or being served.
2. Divide students into three groups and prep ingredients (15 -20 minutes)
 - a. Group 1: Mince 4 cloves garlic and thinly slice 4 scallions, divide in half and add to two small bowls. Shred carrots and set aside. Give 1 bowl of prepared garlic and scallions to Group 3.
 - b. Group 2: Cube zucchini and bell pepper, snap green beans, and cut broccoli into small florets. Grate broccoli stem. Add to a large bowl and set aside.
 - c. Group 3 (Sauce): Peel and grate fresh ginger. Collect scallions and garlic from Group 1. Combine soy sauce, canola oil, 1/2 of the prepared garlic and scallions, apple cider vinegar, and red pepper flakes in a bowl. Whisk together and set aside.
3. In an electric skillet, heat 3 teaspoons oil to medium heat. Add other bowl of prepared garlic and scallions, and ginger to the skillet. Cook, stirring constantly, for 1 minute.
4. Add shredded carrots, zucchini, bell pepper, green beans, and broccoli to the skillet. Stir constantly until the vegetables are tender, about 5 minutes.
5. Add packaged rice and sauce to the skillet and stir to combine.
6. Cook for an additional 1-2 minutes until the rice is warmed through. Serve and enjoy!

Kitchen Tools:

- Electric skillet
- Plastic lettuce knives
- 1 sharp knife (for educator's use)
- Measuring spoons
- Set of mixing bowls
- Cutting boards
- Juicer
- Graters
- Whisk
- Cut gloves
- Small metal spoon for ginger
- Safety scissors for cutting scallions

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Nutrition Facts		
Serving Size	1 × 4 Serving	
Amount Per Serving		
Calories	217.4	
	% Daily Value*	
Total Fat	7.1 g	9 %
Saturated Fat	0.7 g	4 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	265.5 mg	12 %
Total Carbohydrate	35 g	13 %
Dietary Fiber	4.8 g	17 %
Total Sugars	6.9 g	
Added Sugars	1.4 g	3 %
Protein	5.4 g	
Vitamin D	0 mcg	0 %
Calcium	66.6 mg	5 %
Iron	1.5 mg	8 %
Potassium	564.4 mg	12 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		</>