



ÉCOLE ROBERT ABEL  
LOCUTRICE - 2019

THE PACIFIC FRIED RICE



Préparation : 60 min

Cuisson : 35 min

## THE PACIFIC FRIED RICE

### INGRÉDIENTS

- 2 onions
- 1 packet of chicken that has 3 pieces (500 g)
- 1 garlic
- 1 parsley
- 500 g of prawns
- 1 zucchini
- 500 g of rice
- 1 carrot
- 3 spoons of soyo (teaspoons)
- 500 g of ginger
- 1 green onion
- salt
- pepper
- 1 mireton squash
- oil (4 teaspoons)
- 1 shallot
- 1 cucumber
- 1 tomato

1. Wash your hands and put your cap, your apron and gloves.
2. Wash the rice, the vegetables, the chicken and the prawns.
3. Cook the rice in a pot, than in another pot boild the prawns.
4. Cut the vegetables and the chicken in little pieces and place them in a container.
5. Mix the chicken with garlic and soyo.
6. Put oil in a frying pan, add onions into it.
7. Add the mirliton squash, the zucchini, the carrott, and the chicken and cook them in a low fire.
8. Put aside the cooking, rinse the pan and add oil once again.
9. Add oil, the shallot and the prawns.
10. Put the rice, the vegetables.
11. Ready to set up : put the vegetables in a bowl and add the fried rice. Set it gently on a plate.
12. Add persil, tomatoes and cucumber for decoration.

Bon appétit !