



Vegetable Confetti Cantonese Fried Rice Cup

By Erin Fletter

Prep Time 15 / **Cook Time** 4 / **Serves** 1 - 1

Fun-Da-Mentals Kitchen Skills

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

crack: to break open or apart a food to get what's inside, like an egg or a coconut.

mince: to chop into teeny tiny pieces.

peel: to remove the skin or rind from something using your hands or a metal tool.

snip: to use scissors to cut something with quick, sharp strokes.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

microwave: to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

smash: to break up food into smaller pieces or squash food to flatten or soften it.

Equipment

- ☐ Microwave
- ☐ Microwave-safe mug
- ☐ Pothead
- ☐ Cutting board + kid-safe knife (a butter knife works great)
- ☐ Clean pair of kid-safe scissors
- ☐ Small bowl
- ☐ Whisk
- ☐ Dry measuring cups

- ☐ Fork or spoon for mixing
- ☐ Paper towel
- ☐ Measuring spoons
- ☐ Soap for cleaning hands

Ingredients

Vegetable Confetti Cantonese Fried Rice Cup

- ☐ 1 garlic clove, minced
- ☐ 1 green onion, snipped
- ☐ 1 C microwavable ready-to-serve rice
- ☐ 1/4 C mixed frozen or fresh veggies (Choose at least 2! Chef's choice: frozen peas, carrots, and/or corn, frozen or fresh spinach, cherry tomatoes, celery, bell pepper, fresh shredded carrots, fresh or canned mushrooms)
- ☐ 1 egg ******(for EGG ALLERGY omit egg or sub 1/4 C of silken tofu)******
- ☐ 2 tsp low-sodium soy sauce ******(for GLUTEN/SOY ALLERGY sub coconut aminos)******
- ☐ 1/2 tsp toasted sesame oil ******(for SESAME ALLERGY sub a nut-free oil, like olive or vegetable)******
- ☐ 1 tiny pinch salt

Food Allergen Substitutions

Vegetable Confetti Cantonese Fried Rice Cup

Egg: Omit egg or substitute 1/4 C of silken tofu for 1 egg.

Gluten/Wheat: Substitute coconut aminos for low-sodium soy sauce.

Soy: Substitute coconut aminos for low-sodium soy sauce.

Sesame: Substitute a nut-free oil, like olive or vegetable oil, for toasted sesame oil.

Instructions

Vegetable Confetti Cantonese Fried Rice Cup

smash + peel + mince

Using the back of a kid-safe lettuce knife or the palm of your hand, smash **1 garlic clove** to release it from its skin. Peel the skin and discard it, then mince the garlic clove!

snip + chop

Using a clean pair of kid-safe scissors, snip **1 scallion** into small pieces. Chop **1/4 cup of fresh or frozen veggies**. (If veggies are small and frozen, there's no need to chop. If veggies are big and frozen, run them under warm water to thaw first before chopping into small pieces.)

add + break up

Add **1 cup of precooked rice** to your microwavable mug. Break up the rice using a fork, spoon, or your clean hands! It will be sticky! (If you use your hands, wash them after!)

mix + microwave

Mix in the minced garlic, snipped scallion, and chopped veggies. Cover the mug with a damp paper towel and microwave on high for 2 minutes.

crack + whisk

Crack **1 egg** and whisk it in a small separate bowl.

whisk + mix + microwave

Whisk together **2 teaspoons soy sauce** and **1/2 teaspoon toasted sesame oil**. Mix into your rice along with the egg and **1 tiny pinch of salt**. Cover with the damp paper towel and microwave for another 2 minutes. Let cool before removing from the microwave. Stir, blow, and taste! Season with more soy sauce and sesame oil, if desired!

Featured Ingredient: Garlic!

Hi! I'm Garlic!

"You might be familiar with my strong aroma and taste, but did you know that I'm the bulb of a plant with white, pink, or purple flowers! I'm used in many savory dishes that just wouldn't be the same without me!"

History & Etymology

Garlic has been grown for thousands of years in China, Egypt, and Mesopotamia. Ancient Egyptians, Greeks, and Romans used garlic in traditional medicine and cooking.

It was found in the tomb of the Egyptian pharaoh Tutankhamun, who lived from around 1341 BCE to 1323 BCE.

Galen, a Roman Greek physician writing in the 2nd century, mentioned garlic as a cure-all.

Garlic is native to many parts of Asia, and China produces the most, about 76 percent.

Garlic has long been a staple in vampire folklore as a vampire repellent. Wear some around your neck; a vampire would not dare come near!

The word "garlic" comes from the Old English "gārlēac," from "gār" or "spear" (the cloves look like a

spearhead) and "lêac" or "leek."

Anatomy

Garlic, or *Allium sativum*, is a species of the *Allium* genus. It is related to chives, leeks, onions, scallions, and shallots. It is a perennial flowering plant that grows from a bulb.

Garlic can be cultivated by planting a clove in the ground. It is usually planted in the fall and harvested in late spring or early summer. A stalk will begin to grow from the plant's center, and produce a flower bud, called a "garlic scape," which will eventually flower unless the scape is removed to encourage the bulb's growth. Garlic scapes taste like garlic!

A garlic bulb is made up of 10 to 20 cloves. The bulb and cloves are covered with white, papery protective leaves or sheaths that are removed before eating or cooking.

How to Pick, Buy & Eat

Garlic is almost ready to pick when the plant leaves turn yellow. It is time to harvest when the two lower leaves turn brown. If you dig out a bulb from the ground and the cloves have not fully grown into their skins, wait a little longer before picking the rest.

You can eat garlic right after picking it or let the bulbs dry out (cure) so they last longer in storage. Lay them out where the air will circulate, or hang them from their stems in a shady, dry place. Depending on the weather, curing can take two weeks to two months. The roots will shrivel and become stiff, and the leaves will be completely dried out and brown.

After removing the leaves at the neck of the garlic bulb, and trimming the roots, store the bulbs in a breathable container where they can remain dry.

When choosing garlic from the market, the cloves in a garlic bulb should feel firm, not soft, when you squeeze them gently. If they are too dry, the space where a clove would be may feel hollow.

When you are ready to use a few garlic cloves in a recipe, press down on the bulb, root side down, to loosen the cloves. Separate the cloves you need with your fingers and use a knife to trim the tip and root end. Then, lay the flat side of a large knife on a clove on a cutting board and press down on the blade to lightly crush the clove and release its skin, making it easier to peel off. It can then be used whole, sliced, or minced.

Garlic is a root vegetable and an essential ingredient in many countries' dishes. You can use garlic to season sauces, spreads, salad dressings, meats, breads, and vegetables. It adds a warm, distinctive flavor to butter and mashed potatoes.

Garlic produces a pleasant but pungent aroma; if it gets on your hands, there are several ideas to remove the smell from your skin. You can try various scrubs: a paste of salt, baking soda, and water; salt and lemon juice; or coffee grounds or instant coffee and water. Rubbing vinegar or tomato juice on your hands might work. Another method is to hold a stainless steel utensil under cold running water and then rub your hands on the utensil (or stainless steel sink). Supposedly, when the stainless steel molecules bind to the

sulfur molecules in the garlic, the odor transfers to the stainless steel.

Nutrition

Garlic, especially raw garlic, has a few health benefits when eaten regularly. It is thought that eating 1 to 2 cloves a day may help to lower cholesterol, protect the heart, fight infections, prevent some cancers, and reduce blood clotting. A sulfur-containing compound in garlic called "allicin" is primarily responsible for these benefits.

Garlic can also be detrimental to health by contributing to acid reflux, and if a person is taking medicine to prevent clots, they may want to avoid garlic.