

Broccoli And Rice

You will need:

1/2 Cup Cold Boiled Rice.
6-8 Broccoli Florets.
1/2 Medium Onion.
1 Clove Garlic.
Small Fresh Chilli.
Dash Soy Sauce.

Prepare the vegetables:
Chop the onion.
Crush or dice the Garlic and slice the Chilli.
Wash and segment the Broccoli.

Place a Wok on a high heat.
When it's smoking hot add a little oil.

Add the Broccoli and Onion first, as these will take the longest to cook.

Stir the Broccoli and Onion for a minute, to stop them sticking and burning.
You can add a little bit of water to help with this.
Add the Garlic and Chilli.
Keep stirring.
Add a dash of Soy Sauce.

Add the Rice to the Wok.

Allow the Rice to heat thoroughly.
Serve and Enjoy.