

KHAO PHAD CHAE (THAI VEGETARIAN FRIED RICE)

Ingredients:

String Beans: 2 to 3

Carrot: 1/3 of a medium sized carrot

Capsicum: 1/4th of a big capsicum

Cabbage: roughly 5 to 6 leaves

Thai / Chinese green leaves: 4 to 5 leaves. I used Xiao Ban Cye (you can use any other locally available greens)

Thai Garlic (or any other garlic) - 6pcs if using small Thai garlic. 3 if using the bigger garlic

Thai Chillies: 2 red and 2 green (tone this down if you don't like it extra spicy)

Lime leaves: 3

A Bowl of cold pre-cooked rice

1/2 medium sized Onion (optional)

Vegetarian oyster sauce - 1 tbsp

Light Soya sauce - 1 tbsp

Oil - 1 1/2 tbsp

Wok

Sliced cucumber for garnishing

2 chopped chillies with 3 to 4 tbsp light soya sauce (in case the 4 chillies were not enough like they weren't for me!)

How I did it:

- Cut the long beans, capsicum and carrot into 2" long pieces. Carrots should be cut into thin and long pieces. Roughly cut the cabbage and green leaves into big chunky leafy pieces. Pound the garlic and chillies together in a mortar and pestle.
- In order to make fried rice, as far as possible, use left over rice from the fridge. When freshly cooked rice is used, it does not turn out the same way as freshly cooked rice tends to stick together into lumps.
- Heat a wok. Once hot, add the oil. When it gets smoky, add the pounded garlic and chilli mix into the oil. Stir fry for 30 seconds. If using onions, add sliced onions at this point. Let it turn translucent. Next, add the carrots and beans. Continue to stir on high heat. Reduce heat for 1 min to let the beans and carrot cook.
- Now add the cabbage, green leaves, capsicum and the torn kaffir lime leaves. Increase heat to high. Add the soya sauce. The smoke adds a nice flavor to this dish. It is important to stir this continuously to avoid the veges from getting burnt. This may take 30 seconds to a minute.
- Once the veges are crunchy and cooked, add the bowl of cold rice, basil leaves and vegetarian oyster sauce. Stir continuously and on high heat. Check for salt and add more soya / vegetarian oyster sauce, if needed. Combine all the ingredients (on high heat). This may take up to 1 minute depending on the heat.
- Serve with sliced cucumber and chopped chillies with soya sauce. The vegetables lose their crunchiness if kept cooked for long. So enjoy it immediately after cooking! :-)