

# Challenge: Yes, Chef!

February is when some people celebrate Chinese New Year. One of the many traditions of the Chinese New Year is to cook some lovely food with families. So, here's a challenge to get you cooking!

Listening is a REALLY important skill to have in all areas of life. Being able to listen carefully to instructions or directions is just ONE example of how we use the skill of listening all the time. Your school teachers might give you instructions to follow, to learn a new calculation in maths. They might give you instructions on where to go when the bell rings. The adults at home might give you instructions or ask you to do certain things, and it's important to be able to listen to them carefully, then work out what to do, as often, these directions or instructions will help keep you safe.

Our challenge here is about listening really carefully and following instructions. You'll need to ask an adult to help you here, so grab your adult, and let's get going! How well will you be able to use your listening skills to complete the challenge? Ask your adult to help you get everything you need. Wash your hands. Now, the trick is to listen really carefully to your adult as they will need to read these instructions to you. Your job is to listen to their instructions and follow them. An adult will need to help you with some parts (like chopping and frying) but you'll be able to do a lot yourself...but only if you listen very carefully!

## You will need:

- 4 cups rice (cooked, cold)
- 8 ounces chicken (cooked)
- 2 eggs (more if desired)
- 1/2 cup peas
- 1 medium onion (diced)
- Soy sauce to taste
- Oyster sauce to taste
- Salt to taste
- Black pepper to taste
- 1 tablespoon oil

## Step 1:

Beat the eggs lightly, add a dash of salt (and a drop of oyster sauce if desired). Chop the cooked chicken and dice the onion.

**Step 2:** Heat your frying pan or wok and add oil then pour 1/2 of the egg mixture into the wok and cook over medium heat, turning over once (like an omelette). Cook the other half the same way. Cut the egg into thin strips and save for later.

**Step 3:** Stir-fry the onion on high heat for a few moments, remove and set aside. Do the same for the peas.

**Step 4:** Add oil, then turn down the heat to medium and stir-fry the rice. Add the soy sauce, salt, pepper, and oyster sauce. Add the chicken, onion and green peas and stir thoroughly.

**Step 5:** Serve chicken fried rice with the strips of egg on top or mix into the other ingredients.



## Which skills will I be developing?

### Main



### Additional



Skills Builder  
PARTNERSHIP

