

Transcript

Cooking instructions

Today, we're making a vegetable stir fry. It's very easy. First, wash all the vegetables. Then, when they are clean, you peel them. Peel the carrots and the onions. Then, cut the onions, the carrots and the cabbage into slices. Don't cut your finger!

Then, pour some oil in this frying pan and fry the vegetables. Fry them for about five minutes. Next, boil the rice in a big saucepan. We need one cup of rice for two people. When the rice is ready, add it to the vegetables and mix them together. Then put the food into bowls and you can eat it with a fork. It's great and very easy! Try it!

