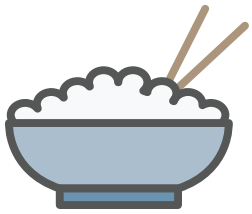

FRIED _____ AND _____

RICE

VEG AND/OR PROTEIN

1. Drag out a big _____, heat it for a minute, then swirl in a couple tablespoons of _____.
   PIECE OF COOKWARE
   FAT WITH A HIGH SMOKE POINT
2. When it's shimmery-shiny, reduce heat to medium and add _____ and _____.
   ALLIUMS
   AROMATICS
3. Smelling good? Stir in _____ _____ in the order they'll take to cook.
   FRESH OR FROZEN
   BITE-SIZED VEGETABLES
4. When the veg is tender, add _____.
   COOKED OR FAST-COOKING PROTEIN
5. Once it's browning, crack in _____ eggs, let them sit for a minute, just so they start to set, then scramble.
   NUMBER OF EATERS
6. Add the _____ —a cup per person—and a few tablespoons of _____ sauce.
   COLD, COOKED GRAIN
   SALTY/SPICY SAUCE
7. Stir everything around swiftly with a _____ , until the grain is heated through and coated in sauce.
   UTENSIL
8. Garnish with _____. Eat out of _____ .
   SOMETHING FRESH
   VESSEL

HINTS & WINKS

PIECE OF COOKWARE: wok, frying pan, high-sided skillet

FAT WITH A HIGH SMOKE POINT: canola, safflower, sunflower, vegetable, coconut

ALLIUMS: white or red onion, leeks, scallions

AROMATICS: garlic, ginger, lemongrass, curry leaves

FRESH OR FROZEN BITE-SIZED VEGETABLES: carrots, broccoli, cabbage, cauliflower, broccoli rabe, peas

PROTEIN: cooked ham, leftover roast chicken, grilled steak, peeled shrimp, ground pork, bacon, pancetta, cubed or shredded or crumbled tofu

GRAIN: long- or medium-grain white or brown rice, farro, quinoa,` barley, freekeh

SALTY/SPICY SAUCE: tamari, soy, oyster, teriyaki, chili-garlic, fish sauce vinaigrette

UTENSIL: wooden spoon, spatula, spork, not a finger

SOMETHING FRESH: scallions, cilantro, basil, citrus zest

VESSEL: the pan, mug, bowl, plate, hand