



During particularly difficult periods in my life, including a battle with cancer and enduring family violence, food was the last thing on my mind – or in my budget. Uniting helped me with a range of support, including food, which meant I could put a nutritious meal on the table for my kids. It provided a great deal of relief during a really difficult time. These days, my family is flourishing and I'm teaching other single parents in my community basic cooking skills.

# Colleen's family recipes

“ This is my kids' favourite meal, made from non-perishable items that often come in food boxes. It's healthy, simple and wholesome, and can be tweaked with whatever ingredients are available at the time. ”



## My fried rice

Serves four

### Ingredients

- 1 cup rice
- 3 tbsp soy sauce
- 1 can tinned peas, drained
- 1 can tinned baby corn spears, drained
- Other tinned vegetables if available (such as diced carrot or capsicum)
- 1 can tinned ham, sliced
- Pinch dried chilli flakes
- A few dashes of sesame oil or canola oil
- 1 tsp minced ginger
- 1 tsp minced garlic
- Other stir-fry sauce if available (such as oyster sauce or hoisin sauce)
- Fresh spring onion, if available

### Method

1. Rinse 1 cup of rice under cold water.
2. Add rice to a saucepan and cover with 3 cups of water, and bring to the boil.
3. Reduce heat and simmer for approximately 15–20 minutes, until the rice is cooked. Drain and fluff with a fork.
4. In a frying pan or wok, add oil, followed by the ginger, garlic, chilli flakes, tinned vegetables and ham and sauté over medium-low heat until heated through.
5. Add cooked rice, soy sauce (and other stir-fry sauce if using) and stir through all ingredients until properly combined.
6. Continue stirring over medium heat for 3–5 minutes, then serve.

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