Fried Rice

**Ingredients:**

4 cups basmati rice
1 container mushrooms
2 zucchini
2 carrots
2 sticks of celery
½ cauliflower
1 onion
Soy Sauce

**Method:**

Wash then boil rice until tender.
Drain and cool under cold water.
Peel and finely dice all of the vegetables
Cook vegetables in a little oil in an electric fry pan.
Add the rice and warm through.
Season with salt, pepper and soy sauce to taste.