

Fried Rice

Story By: Andrew Frinkle

Karl was hungry, and didn't know what to cook. He was looking in the fridge, and there were a lot of leftovers, but nothing was in large enough portions to feed him. He also didn't want to microwave a dozen things. What could he do?

He eyed the vegetable tray. He should eat more healthily, right? He pulled out a bunch of those and started chopping. Then he tossed them in a pan on medium heat. A little oil kept things from sticking. He frowned at his bunch of chopped veggies, and decided to season them with garlic, hot pepper flakes, and some cracked pepper.

Now he needed some starches. Leftover rice would be fine. It was dry now, but it'd soak up the juices from the veggies and soften up nicely. That would make the meal more filling, but it still left proteins.

A couple more glances into the fridge showed him leftover pork and chicken from the other day's cookout party. He pulled that out, chopped it up finely, and added it to the pan. Now he just had to keep things moving, so it didn't burn. Stir, stir, stir!

When he finished, he spooned it into a bowl, packed it down, and then upended it onto a plate. This left a nice round-shaped mound of rice on his plate. He nibbled at it, and it seemed bland. He threw some sesame seeds, a bit of sesame oil, and some chopped parsley on top.

Still, it seemed like it was missing something as a final touch. He looked once more in the fridge, and his eyes landed on some cheese and hot sauce. He threw a slice of cheese on top, and it began melting because of the heat of the rice. It looked creamy and good. A splash of hot sauce on the middle of the mound of rice finished it off nicely with some heat. He did like hot stuff.

Lunch ended up being great, and he really didn't cook anything new, but just combined leftovers into some of the best fried rice he'd ever had. Next time, he thought he might try putting some avocado on top or some crushed peanuts for some nuttiness. He wasn't much of a chef, but he thought anyone could do what he'd just done.



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Use the information in the story to answer the questions below.

1. TRUE OR FALSE: Karl knew what he wanted to cook from the very start.
 - A. True
 - B. False
2. Which of these ingredients did Karl NOT use?
 - A. shrimp
 - B. chicken
 - C. pork
 - D. rice
3. Karl wanted to add what three types of food to his meal?
 - A. veggies, starch, and fat
 - B. veggies, fat, and protein
 - C. veggies, starch, and protein
 - D. fat, protein, and carbs
4. What finished touches did Karl put on his meal?
 - A. just cheese
 - B. cheese and hot sauce
 - C. hot sauce and peppers
 - D. nothing
5. What does Karl think he might add next time to make it even better?
 - A. cookies for dessert
 - B. avocado or more cheese
 - C. ranch dressing
 - D. peanuts or avocado

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