

Veggie Fried Rice



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Recipe by: Laura Vitale

Serves 2

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients

- 1 cup of Cooked, cold, Long Grain Rice (see notes below)
- 1/2 Small Onion, diced
- 1 Clove of Garlic, minced
- 2 tsp of Grated Ginger
- 1 Carrot, peeled and finely diced
- 2 Tbsp of Neutral Oil such as grapeseed oil or vegetable oil
- 1/3 cup of Frozen Peas
- 1 Egg
- 3 Tbsp of Low Sodium Soy Sauce
- 1 tsp of Sesame Oil
- 1 Tbsp of Water
- 1 tsp of Chicken Bullion Powder
- 1 tsp of Sugar

1) Add the oil to a non-stick medium skillet (about 9 inches) preheat over high heat, add the cold rice, break it up as much as you can, then add in the carrot, onion, garlic and ginger and cook for a few minutes or until the rice starts developing some color (don't let anything burn, keep stirring as it cooks) meanwhile in a small bowl, mix together the soy, water, sesame oil, bullion and sugar, set aside.



2) Push all the rice and veggies to one side of the pan, add the egg to the other side, scramble it well, then stir it with the rice mixture, add the peas along with the soy mixture and cook on high heat until the rice absorbs the sauce and the moisture has cooked out. Serve with some chopped scallions and enjoy!

NOTE: Cook your rice the day before you plan on making this fried rice, your result will be much better. For every 1 cup of uncooked rice, rinse it really well through a strainer to get rid of as much starch as possible, then add it to 1 3/4 cups of boiling water and cook for about 15 minutes (every brand is different so check for timing on your particular brand of rice) then cool completely before popping it in the fridge. If your rice has some water still surrounding it once cooked, just drain it well before cooling and storing.