

Making it delicious

Fried Rice



Ingredients

- 3 cups cold cooked rice
- 2 Tablespoons oil or butter
- 2 eggs, lightly beaten
- 3 carrots, diced (or 1 cup frozen)
- 1 onion, diced
- 2 celery stalks, diced
- 2 cups mixed vegetables, fresh or frozen*
- ½ tsp. garlic powder
- ½ tsp. ground ginger
- ¼ tsp. turmeric
- ¼ tsp. chili flakes
- 1 Tbsp. soy sauce (or GF alternative)

*Peas, green beans, mushrooms, cabbage, peppers, zucchini, corn, broccoli, cauliflower, etc.



Recipe adapted from www.foodnetwork.com

Instructions

- Heat 1 tablespoon of oil or butter in a pan, preferably non-stick. Pour in the eggs, and scramble until cooked; set aside.
- Set heat to medium-low. Add onion, carrots, celery, and spices, stirring frequently. Cook for 5 minutes, or until onions are translucent.
- Add the additional vegetables and cook for 4 minutes. Transfer to a bowl.
- Add remaining tablespoon of oil or butter to the pan and increase the heat to medium-high, until the oil is shimmering.
- Add the rice, let sit for 1 minute, then stir frequently until heated through and lightly crispy, about 5 minutes.
- Add the soy sauce, vegetables, and egg to the rice, stirring to combine and heat through, about 3 minutes.

Note: To add meat to the recipe (chicken, pork, shrimp, etc.), cook it by itself in the pan after cooking the eggs. Remove the cooked meat from the pan and set aside before cooking the onions, carrots and celery. Later, add the cooked meat into the rice in the final step.