

# #LetsCook30

## FANTASTIC FRIED RICE

This is the perfect recipe to make when you have leftovers to use up. Cold rice is ideal and you can use up leftover vegetables or protein foods. To make this dish even easier you can use frozen mixed vegetables.

**Serves:** 4 to 6

**Ready in about:** 30 minutes

2 tbsp	vegetable oil
2	green onions, thinly sliced or 1 small white onion diced
2 cups	mixed vegetables, chopped (such as mushrooms, peas, red peppers, carrots, green beans and broccoli)
3 cloves	garlic, minced
1 tbsp	fresh ginger, minced (optional)
2 ½ - 3 cups	cooked rice, cold
2	eggs, beaten
2 tbsp	soy sauce
2 tsp	hot sauce (optional)
1 tsp	sesame oil

### Nutrition Tips

To reduce the salt and increase the fibre in this recipe, we used:

- Reduced sodium soy sauce
- Brown rice

### INSTRUCTIONS:

1. In a large non-stick frying pan, heat vegetable oil over medium-high heat. Stir-fry onions, until softened, about 1 minute.
2. Add garlic and ginger, cook and stir until softened, about 3 minutes.
3. Add in vegetables, if using fresh vegetables, cook and stir until softened, about 5 minutes. If using leftover vegetables, cook until heated through.
4. Stir in rice, cook and stir frequently until rice is hot, about 5 minutes.
5. Push rice to the side of pan and pour eggs into the empty space. Cook and stir eggs occasionally, until softly scrambled, about 2 minutes.
6. Mix the scrambled egg with the rest of the rice mixture.
7. Mix together the soy sauce, hot sauce (if using) and sesame oil and add to the rice mixture.

### TIP:

- This recipe also works well with tofu or leftover cooked beef, chicken, pork or seafood. Add to the recipe when adding vegetables and heat thoroughly.

Source: Veggie Fried Rice recipe card Let's Cook! Accessed 2018.

### PUBLIC HEALTH

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York Region