



Posted on 16 October 2012
by ewfood

Veggie Fried Rice



Ingredients

3 cups cooked rice
1 1/2 cup package frozen mixed vegetables
2 onions - chopped
2 cloves garlic - chopped
2 eggs - beaten
3 tsp soy sauce
1 tsp chili flakes
2 tsp oil

Preparation

- 1 Heat oil on medium-high heat in a large pan.
- 2 Then add the cooked rice (boiled and cooked earlier) along with the chopped onions and garlic.
- 3 Stir for about 5 minutes or until onion is soft.
- 4 Reduce heat to medium.
- 5 Now add vegetables and chili flakes to the rice mixture.
- 6 Allow the frozen vegetables to cook for 2 minutes.
- 7 Then spread the mixture out to the sides of the pan - leaving space in the middle for the eggs.
- 8 Thereafter, add the eggs and scramble till cooked.
- 9 Mix the eggs with the rice and vegetables.
- 10 Then sprinkle the fried rice with some soy sauce and serve hot.

Cooks Note

You can replace the frozen veggies with 2 cups fresh vegetables of your choice - chopped.
Allow the fresh vegetables to cook for 5-7 minutes.
