



easy vegetable fried rice

Looking for the ultimate one-dish meal that's ready in a snap? You've found it with this easy Vegetable Fried Rice, a healthy spin on the Chinese food takeout classic.

SERVES: 6-8



julie albert & lisa gnat

ingredients

Asian Sauce

- 3 tbsp soy sauce
- 2 tbsp vegetarian oyster sauce
- 2 tbsp ketchup
- 2 tbsp packed brown sugar
- 1 tsp sesame oil
- 1/4 tsp grated fresh ginger
- Dash of hot pepper sauce, optional

Vegetable Rice

- 2 tsp vegetable oil
- 2 large eggs, lightly whisked
- 1 tbsp peanut oil
- 1 small white onion, diced
- 1 medium carrot, peeled and diced
- 1 medium red bell pepper, diced
- 1 small garlic clove, minced
- 1 cup frozen green peas
- 4 cups cooked long grain white rice, chilled

directions

1. For the sauce, in a small bowl, whisk soy sauce, oyster sauce, ketchup, brown sugar, sesame oil, ginger and hot sauce (if using). Set aside.
2. Over medium heat, heat vegetable oil in a deep skillet or wok. Pour eggs into the skillet and cook without stirring for 30 seconds. Break egg into smaller pieces, cooking 1 minute more. Transfer to a small plate.
3. Using the same skillet, heat the peanut oil over medium-high heat. Add onion and cook until just softened, 1-2 minutes, stirring often. Add carrots and red peppers, continuing to cook for 2 minutes. Stir in garlic and frozen peas and cook until garlic is fragrant, about 1 minute. Add cooked rice, reserved egg and soy sauce mixture to the vegetables, stirring well to combine and cooking for 1 minute to heat through.

"I like rice. Rice is great if you're hungry and want 2,000 of something."

— MITCH HEDBURG

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