

Vegetable Fried Rice

Time: 30 minutes

Servings: Four

Level: Easy

Ingredients:

- o 1 ¼ cup rice, cooked according to directions, then cooled
- o 2 tablespoons sesame oil or avocado oil, divided
- o ½ yellow onion, diced
- o ½ cup grated carrots
- o ½ cup frozen peas, thawed
- o ½ cup frozen corn, thawed
- o ½ cup frozen edamame, thawed
- o 3 scallions, sliced
- o 2 cloves garlic, finely minced
- o ½-inch knob ginger, finely minced or grated
- o 3 tablespoons tamari or soy sauce
- o 1 teaspoon rice wine vinegar
- o 1 egg (optional)
- o salt and pepper to taste

Directions:

- 1) Make **rice**, let cool and refrigerate overnight. Break up rice clumps before pan-frying.
- 2) In a large wok, heat ½ tablespoon of **sesame oil** and **onions**. Cook for 2-3 minutes.
- 3) Add **carrots, peas, corn, edamame**, and **green onions** and cook for another 1-2 minutes. Remove vegetables from wok, set aside, and wipe down pan.
- 4) Add ½ tablespoon of **sesame oil** and add **garlic** and **ginger** until fragrant, usually less than 30 seconds.
- 5) Add **rice** to the wok and start to toss gently.
- 6) Create a well in the rice and place remaining 1 tablespoon of **sesame oil** in the center. Slowly toss the **rice** into the well so grains are coated.
- 7) Drizzle **tamari** on the rice and toss until it evenly coats the rice.
- 8) If you want to incorporate **egg** into the dish, create a well, place a beaten **egg** in the center and scramble well. Toss the rice into the well and distribute the **egg**.
- 9) Add the vegetables back into the wok and toss. Add **rice vinegar**. Taste and add additional salt and pepper as desired. (Mine needed another ½ teaspoon of salt.)
- 10) Optional **egg** on the side: in a non-stick skillet place the scrambled **egg** and swirl the pan. Once the edges are cooked, flip the **egg** over and cook the other side. Cut the egg-crepe into thin strips and serve on top of the rice.