

# Veggie Fried Rice

# OF SERVINGS: 2

SERVING SIZE: 1.5 cups

PREP TIME: 5 min

TOTAL TIME: 15 min



## Ingredients

2 cups cooked brown rice  
1 Tbsp sesame seed oil  
1/2 cup white onion, chopped  
1 clove garlic, minced  
1 egg, lightly beaten  
1/3 cup frozen peas  
1/3 cup frozen edamame  
1/2 cup carrots, diced  
2 Tbsp green onion, diced  
1.5 Tbsp soy sauce

## Instructions

1. Chop white onions, dice carrots, and mince garlic.
2. Heat 1/2 Tbsp sesame oil in a large pan over medium heat. Add garlic and cook 1 minute. Add egg and gently push around in the pan until barely cooked, 1-2 minutes. Transfer egg to plate and break up into small pieces using spatula.
3. Add 1/2 Tbsp sesame oil to pan. Add white onions, carrots, peas and edamame, cook for 3-4 minutes or until carrots soften.
4. Add rice and cook for 2 minutes, stirring frequently. Add in cooked eggs and soy sauce and cook for another 1-2 minutes. Remove from heat, garnish with green onion, and serve!

## Recipe Notes

Day-old rice works best. This recipe is very versatile in terms of add-ins! Feel free to add or substitute any vegetables (fresh, frozen, canned) you have on hand.