

Vegetable Fried Rice

Serves: 6

Prep time: 15 minutes

Cook time: 35 minutes



1 serve per portion

Ingredients

1 ½ cups brown rice and quinoa
2 eggs
Pinch black pepper
2 tablespoons extra virgin olive oil
1 onion, finely diced
1 garlic clove, crushed
1 teaspoon ginger, grated
1 carrot, diced to size of corn/peas
½ cup frozen peas
½ cup corn from can, drained
1 red capsicum, finely diced
6 snow peas, trimmed and sliced
½ red chilli, finely diced (optional)
1 tablespoon soy sauce, reduced salt
Juice of half a lime

Method

COOK brown rice and quinoa according to instructions on packet.

WHISK egg with black pepper.

HEAT half the oil over medium heat in a large fry pan. Add egg and cook without stirring for 2 minutes then flip and cook for a further minute.

REMOVE omelette from pan and roll into a cigar shape then slice into strips when cool.

ADD remaining olive oil into the same pan and sauté the onion for 1-2 minutes. Add the garlic, ginger and chili and cook for a further minute.

ADD the carrot, corn and red capsicum to the pan and cook until just tender.

ADD the cooked rice, snow peas and the sliced egg to the pan and mix well. Allow to heat through, about 1-2 minutes, then remove from heat.

SQUEEZE in the lime juice and soy sauce then mix through and serve.



Everyday Food

Recipe courtesy of Lindsey Thynne, Country Kitchens team