



Chinese Fried Rice with Pepper (2 servings)

Ingredients:

- 1 cup of white rice
- Half a white onion
- 5 cloves of garlic
- 1 Red Bell Pepper or 1 cup Peas or 1 cup Carrots (1 cup total of vegetables, mixed or alone)
- 2 stalks of green onion
- 2 tbsp olive oil
- 2 eggs
- 2-3 tablespoons less sodium soy sauce
- 1 tbsp sesame oil (optional)
- Salt
- Black Pepper

We'll reach you how to repurpose the leftovers

Step 1: Making white rice

In a pot, put 1 cup of white rice, a tablespoon of olive oil, and salt to taste. Add two cups of water and mix. Place pot on stovetop and set heat to medium.

When the water on the surface of the rice has almost completely evaporated, and the rice is bubbling, cover the pot and keep on low heat for 10 mins.

Step 2: Sautéing vegetables

Dice half a white onion, peel and mince 5 garlic cloves, and dice 1 cup of vegetables (either red bell peppers, peas, carrots, or a mix of all). Add onion, garlic, and vegetables onto a frying pan with one tablespoon of olive oil. Sauté until onions become translucent and/or the vegetables soften.

Step 3: Adding rice

Add white rice into the frying pan with the vegetables and mix. Keep heat on low to medium heat, and move all contents onto half one the pan.

Step 4: Eggs

In a separate bowl, beat two eggs and add salt and pepper to taste. Pour beaten eggs onto the clear half of the pan, and scrambled the eggs until you reach desired texture (fluffy but not runny is usually best).

Mix in eggs with the rice and vegetables, using the entirety of the frying pan.

Step 5: Sauces

Add in 2-3 tablespoons of low sodium soy sauce and 1 tbsp of sesame oil (optional). Sesame oil gives a nutty flavor to the dish but is not essential. Add in 2 stalks of green onions chopped as a garnish.

Step 6:

Serve and enjoy! If there are leftovers, save in a plastic or glass container in the refrigerator for 3-4 days maximum.