

Vegetarian fried rice

0:15 Prep

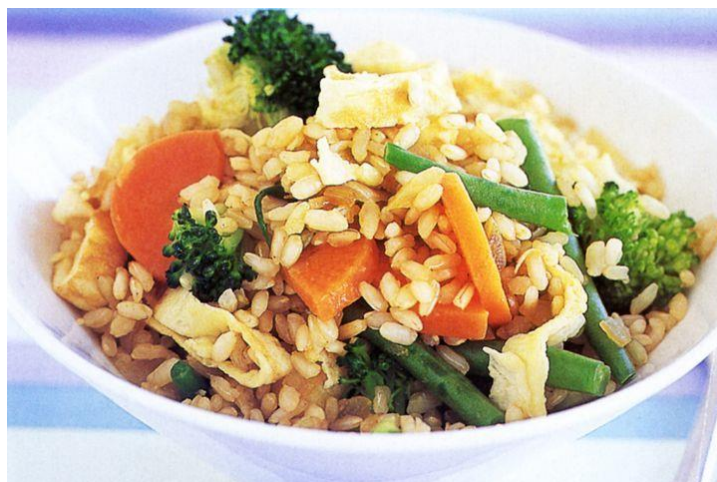
0:10 Cook

4 Servings

Capable cooks

INGREDIENTS

- 2 eggs
- 2 teaspoons vegetable oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 1 red chilli, finely chopped
- 1 large head broccoli, florets removed
- 1 large carrot, diced
- 150g frozen peas and corn
- 2 cups basmati rice, cooked
- 2 tablespoons reduced-salt soy sauce or tamari



METHOD

- **Step 1** - Beat eggs with a fork until small bubbles appear. Heat a wok over medium-high heat until hot. Add 1 teaspoon of oil. Add eggs and swirl around wok to form a thin omelette. Cook for 1 minute. Turn and cook a further minute. Remove to a board. Thinly slice.
- **Step 2** - Add remaining oil, onion, garlic and chilli to wok. Stir-fry for 2 minutes. Increase heat to high. Add broccoli, carrot and frozen peas and corn. Stir-fry for 4 minutes, or until tender and crisp.
- **Step 3** - Add rice and soy sauce or tamari to wok. Stir-fry for 3 minutes, or until heated through. Add egg and stir to combine. Serve immediately.

Adapted from: <https://www.taste.com.au/recipes/vegetarian-fried-brown-rice>
