



### **Basic Fried Rice**

*Time to prepare: 30 minutes, 20 if you are a quick chopper*

*Serves: 4*

- 1 cup chopped protein – chicken, shrimp, pork, beef, tofu (optional)
- 1/3 cup onion, diced
- 3 cloves garlic, minced
- vegetable oil
- soy sauce
- fresh ground black pepper
- 2 eggs, scrambled
- 3 cups fresh veggies, chopped in ½” pieces – bell peppers, broccoli, zucchini, squash, beans, sugar snap peas, carrots, beans all work very well, but use whatever you have.
- 1 cup frozen veggies – corn, sweet peas, edamame (optional)
- 2 cups cooked rice, preferably day-old

Over very high heat, heat a tablespoon+ of oil in a large skillet or wok, preferably non-stick. Add the onion, garlic and protein and cook, stirring frequently until the protein is about half way cooked through.

Push the protein to the sides of the pan. Add the eggs and cook until they resemble scrambled eggs, stirring frequently. Season with pepper.

Add the veggies and cook until cooked but still crisp, about 2 minutes. Add 2 tablespoons soy sauce, stir.

Push the contents to the side of the pan and add the rice. Smooth out so that as much of the rice as possible is in contact with the pan. Let the rice cook for a minute or two, slightly burning to the pan. This is essential to avoid soggy rice and to get that great crispy texture.

Stir the contents together, allowing the rice to sit for 45 seconds or so at a time to burn a little. Add more oil if necessary. Add another 2 tablespoons of soy sauce, or to taste.