

Vegetarian Fried Rice Recipe



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Ingredients

Stir Fry Sauce

- 1 tablespoon soy sauce
- 1 tablespoon Chinese rice wine
- 1 tablespoons vegetarian oyster sauce
- 1 teaspoon sesame oil
- $\frac{1}{4}$ teaspoon ground pepper

Fried Rice

- 2 tablespoons oil
- 3 large eggs lightly beaten
- 2 teaspoons ginger finely minced
- 2 cloves garlic finely chopped
- 2 scallions finely chopped
- 4 cups cooked brown rice

1 cup frozen peas

Method

1. Mix together Stir Fry Sauce ingredients in a small bowl. Set aside. Heat 1 tablespoon oil over medium heat in a large skillet or wok. Add beaten eggs and scramble, using spatula to break egg into pieces. Remove and set aside.

2. Heat remaining tablespoon of oil in the same skillet. Add ginger, garlic, and scallions. Stir until fragrant, about 15 seconds. Add rice, using fingers to break up any clumps. Toss well; add Stir Fry Sauce and continue to toss until rice is heated through. Add peas and toss until peas are just done, about 2 minutes.

Prep

- Prep: 15 Minutes
- Cook: 15 Minutes
- Total Time: 30 Minutes

Source: Jeanette's Healthy Living (6 servings)