

Fried Rice

INGREDIENTS

3-4 cups of cooked jasmine rice
oil for frying (I use olive oil)
1 finely chopped onion
2-3 minced cloves of garlic
3-4 eggs
choice of chopped vegetables
(peppers, carrots, peas, broccoli)

3 Tbsp soy sauce
1-2 tsp sesame oil, according to taste.
a few drops of chilli oil
Optional: protein of choice (shrimp,
cooked chicken)
chopped green onions & toasted
sesame seeds.

INSTRUCTIONS

1. In wok or large skillet heat oil and cook onions for 5 min. Add garlic. cook gently.
2. Add vegetables and cook on medium.
3. Stir in cooked rice until combined. Add a splash of oil if sticking too much.
4. Turn up heat. You want it to fry and get a little crispy.
5. Make a well in the middle and crack eggs into it. Using chopsticks, stir eggs in circular direction to scramble. While they cook, keep stirring and mixing into rice until combined.
6. Mix in protein if using.
7. Pour soy sauce, sesame oil and chili oil over rice. Stir.
8. Season to taste with salt & pepper.
9. Enjoy with green onions & toasted sesame seeds.

