

KEYS TO FRIED RICE SUCCESS

USE DAY OLD RICE (has less moisture)

Get the pan REALLY HOT!

Stir dish CONSTANTLY while cooking

Always cook eggs FIRST!

Add IN or take OUT, it's YOUR rice!

Ingredients:

3 eggs

1 large carrot, grated or diced

1 large zucchini, yellow squash, bell pepper, or any veggies you like! diced

1/2 cup peas, fresh or frozen

5 teaspoons high-heat oil, like grapeseed oil

1 teaspoon sesame oil

3 (4-ounce) skinless, boneless, chicken thighs, cut into 1/2 inch pieces (optional)

4 cups cooked brown rice

salt and pepper to taste

2 tablespoons low sodium tamari (or soy sauce)

2 scallions, sliced (garnish, optional)

sesame seeds (garnish, optional)

- Whisk eggs in a bowl. Add 1 teaspoon of grapeseed oil to hot wok or skillet.
- Add eggs and fold over until gently cooked. Set aside.
- Add 2 more teaspoons of grapeseed oil to hot wok. Add chicken and cook for 4-5 minutes until fully browned. Set aside.
- Add carrots, peas, any additional vegetables and cook until tender. Set aside.
- Add remaining grapeseed oil, sesame oil then add cooked brown rice. Stir constantly!

- Add back the eggs, veggies and chicken and stir together. Add salt and pepper to taste.
- Add tamari (or soy sauce) and scallions. Stir again to mix in flavors.
- Divide into bowls. **Enjoy for lunch, dinner, OR BREAKFAST!**



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