

REAL FRIED RICE

INGREDIENTS

⅓ c. cooked edamame
⅓ c. cooked green beans, sliced
1 bunch scallions, finely sliced
(green and white scallions
separated)
1 large garlic finely minced
½ tsp sea salt
½ tsp white pepper
2 c. cooked rice, cold
3 large eggs, beaten

DIRECTIONS

1. Heat up skillet over high heat
2. Add a drizzle of grapeseed oil or other neutral vegetable oil
3. Add garlic and then white and light green scallions to infuse the oil. Slightly sauté until the garlic turns golden.
4. Once oil is ready, add the cooked rice and use a spoon or rice paddle to break up the rice and mix with the garlic and scallions.
5. Add the salt and pepper. Mix.
6. Fold in the veggies and dark green scallions.
7. Pour the eggs over the rice and continue to mix until the egg and mixture is dry.
8. Taste and top with extra slices of veggies.
9. Bon appétit