



LOVES FOOD

VEGETABLE FRIED RICE

INGREDIENTS:

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| 2 cups long-grain rice (e.g. Basmati) | 2 large red bell peppers |
| 2 large carrots peeled and chopped | 2 cups of frozen corn |
| Half a teaspoon of black pepper | 1 medium red onion chopped |
| 3 tablespoons of cooking oil | 1 teaspoon of salt |
| 2 spring onions chopped | 1 lemon zested and juiced |
| 2 tablespoons of Rivonia sweet chilli sauce | 2 cups of frozen peas |
| 2 teaspoons of crushed garlic | 1 teaspoon of crushed ginger |

METHOD:

1. Boil your rice with salt and a tablespoon of cooking oil. Add extra water if needed until fully cooked and fluffy. Set aside to cool slightly. Even leftover long-grain rice can do for this recipe. If you would like your rice to have some colour, you may boil it with 2 teaspoons of spice for rice or curry powder.
2. Clean and chop the peppers and carrots into small cubes to match the size of the corn and peas
3. In a large pot, fry your chopped red onion and the white part of your spring onion in 2 tablespoons of cooking oil. Cook until the onion is translucent.
4. Add garlic, ginger, black pepper, lemon juice, lemon zest and sweet chilli sauce.
5. Once the sauce begins to bubble, add vegetables, stir and cover for 3-5 minutes.
6. Once vegetables have steamed and released their natural water, add your cooled rice and the green part of your spring onions. Mix well and cover for another 5 minutes. Rice must not be hot so as not to become clumpy or sticky.
7. It is best to mix the rice into the vegetables just before serving so that it is hot and fresh.

SERVING SUGGESTION

This rice goes well with stew, grilled protein, chicken nuggets, or fried fish. Whatever protein you pair it with, it is a dish brings with it its colour, bright in flavour and nutrition because of all the veggies.

Enjoy!

With love,
From Famous Warrior's kitchen