



After School Egg & Vegetable Fried Rice

A satisfying, complete quick meal for hungry students and athletes at the 4:00 witching hour, or anytime the munchies strike, for a better solution than a pantry dive. So easy, kids can make it themselves. There are more complex recipes for fried rice but none with such a high payoff for the short time spent cooking. Use a nonstick wok with thin, high sides and chilled leftover cooked rice for best results.

Serves 4

Ingredients:

4 cups leftover chilled cooked basmati rice 6 pastured eggs Small pack of frozen chopped veggies (about 2 cups) 2-4 sliced green onions	2T ghee (clarified butter) or avocado oil 2T soy sauce 2T toasted sesame oil Salt and pepper
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Method:

- Gather and prep all your ingredients before cooking
- Microwave the frozen chopped veggies according to package directions
- Pre-heat wok on medium-high for a couple minutes
- Meanwhile, scramble eggs in a bowl with ½ tsp salt
- Add ghee or oil and heat until shimmering
- Cook eggs in wok until about half done, turning with a silicone spatula as curds form
- Add leftover cooked rice and work into eggs until combined
- Stir through microwaved veggies, green onions, soy sauce, sesame oil and pepper until heated through
- Taste for seasonings
- Serve