

Fridge-Raid Fried Rice



Servings: 4

*2 tablespoons olive oil
1 white onion, chopped
1 carrot, chopped
100 grams green beans, chopped
1 yellow bell pepper, deseeded and chopped
1 head broccoli, cut into florets
300 grams cold cooked rice
2 large eggs, beaten
150 grams cooked chicken, chopped
1 tablespoon sesame oil
1 tablespoon soy sauce*

In a frying pan heat 1 tablespoon of olive oil over medium-high heat. Add white onion, carrots, and green beans. Cook for 5 minutes.

Add yellow bell pepper and broccoli. Cook for 3 minutes.

Add the rice and cook for 4 minutes until all the grains of rice have separated.

Push the rice and vegetables to one side of the pan. Add the remaining 1 tablespoon of olive oil to the other side of the pan. Add eggs and scramble briefly before stirring into the rice and vegetable mixture.

Stir in cooked chicken, sesame oil, and soy sauce. Cook for 3 minutes until the chicken is heated through.

Serve

Per Serving (excluding unknown items): 239 Calories; 14g Fat (52.4% calories from fat); 18g Protein; 12g Carbohydrate; 3g Dietary Fiber; 125mg Cholesterol; 308mg Sodium; 3g Total Sugars; 1mcg Vitamin D; 64mg Calcium; 2mg Iron; 505mg Potassium; 200mg Phosphorus. Exchanges: .