

AmeriStyle Nepali Fried Rice

Ingredients

3 - 4 Cups Cooked Rice 2 - 3 Cups Dry

1/8 Cup Sunflower oil

1 - 2 TBSP Soy Sauce

1 1/2 tsp Curry Powder or (Curry Masala for Meat)

1/2 tsp Coriander Powder

1/8 tsp Cumin

1/8 tsp turmeric

2 - 3 cloves Garlic chopped

1/2 Medium Onion diced

1 tsp Ginger chopped

1-2 Thai Chili pepper (green) chopped

1 Cup Broccoli chopped

1 Cup Cauliflower chopped

1/4 Red Pepper chopped

1 Tomato diced

1/4 Cup Corn (I use frozen)

3/4 Cup Edamame Shelled

Cook rice and let sit out overnight to cool or refrigerate for about 2 hours

Chop and Dice your Veggies

Warm a Large Saucepan on your StoveTop.

Heat Oil on Medium Heat for about 1 minute max (Don't catch your kitchen on fire!)

Add Garlic, Ginger, Thai Peppers, Red Pepper, and Onion

Sautee on medium heat for about 3 minutes, until gently cooked

Add Broccoli and Cauliflower and Sautee for about 5 minutes until gently cooked

Add Tomato, Corn, and Edamame

Add Curry Powder, Coriander, Cumin, and Turmeric

Stir in spices and Sautee until gently cooked about 7 or 8 minutes

Cooking time depends on how crunchy you want your veggies so cook to taste

Add Rice (Add more or less depending on how much you want to make and veggie hardy you like it!

Add Salt and Soy Sauce

Stir together and let simmer on low for 2-5 minutes

Add Egg, Chicken, or Pork for Higher protein option and for you meat eaters out there!

~Leisha Dangol