

# Vegetarian fried rice

Try swapping the eggs for tofu in this fried rice for a different vegetarian option.



## Ingredients

Serves  people

**Brown rice** - 1½ cups (uncooked)

**Carrot** - 1 large

**Red capsicum** - 1

**Spring onion** - 3 stems (45g)

**Canola oil** - ½ tablespoon

**Minced ginger** - 1 teaspoon

**Peas** - 1 cup (frozen)

**Corn kernels** - 1 cup (frozen)

**Reduced salt soy sauce** - 1 tablespoon

**Eggs** - 6

## Method

- 1 Cook rice according to packet instructions. Allow to dry out (this may be prepared the day before and refrigerated overnight).
- 2 Wash the carrot, capsicum and spring onion and dice into small pieces (discarding capsicum seeds and stalk).
- 3 Heat half the oil in a pan and add the spring onion and ginger. Gently cook.
- 4 Add carrot and capsicum to pan and cook for 2 to 3 minutes.
- 5 Add peas and corn and continue to cook for 3 to 5 minutes.
- 6 Add the cooked rice and soy sauce. Stir to heat through.
- 7 Crack the eggs into a bowl and whisk.
- 8 In a separate fry pan, add the remaining oil. When the oil is hot, add the whisked eggs and cook on moderate heat until just set.
- 9 Remove eggs from fry pan, cut into 1cm strips and stir through the rice and vegetables.

## Allergy modifications

- For an egg free option replace egg with chicken or tofu (see quantity recommendations below).
- For a gluten/wheat free option, ensure soy sauce is gluten free.

## Recipe tip

- For a non-vegetarian meal, add minced chicken, pork, beef or turkey between Steps 3 and 4, and omit or reduce eggs. For 6 serves use 300g, for 25 serves use 1.25kg and for 60 serves use 3kg.

# Each serve provides

Benefit	Children's serves
Meat/alternatives (egg)	1 children's serve
Vegetables	1 children's serve
Grains (rice)	1½ children's serves
A good source of vitamin C	-
A source of iron	-

The nutritional information provided is based on the exact ingredients and method as shown. Any variation/s to the ingredients or method may alter the nutritional outcome.

Written and reviewed by dietitians and nutritionists at National Nutrition Foundation, with support from the Victorian Government.