

Healthy Veggie Fried Rice

A nutritious and flavorful lunch option for those following a diet. This veggie fried rice is packed with vegetables and is a great meat-free alternative.


25 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 1 cup cooked white rice
- 1/2 cup diced carrots
- 1/2 cup diced zucchini
- 1/4 cup diced green onions
- 1/4 cup diced bell pepper
- 1/4 cup diced white onions
- 2 eggs, beaten
- 2 tablespoons soy sauce
- 1 tablespoon vegetable oil
- 1 clove garlic, minced
- Assorted spices (such as salt, pepper, and paprika)

Steps

- 1 In a pan, heat vegetable oil over medium heat.
- 2 Add garlic, white onions, carrots, zucchini, bell pepper, and green onions. Cook until vegetables are tender.
- 3 Push the veggies to one side of the pan and pour the beaten eggs on the other side. Scramble the eggs until cooked.
- 4 Add cooked white rice to the pan and mix everything together.
- 5 Pour soy sauce over the rice and vegetables. Add assorted spices to taste.
- 6 Stir well and cook for another 2-3 minutes.
- 7 Serve hot and enjoy!