

Vegetable Fried Rice

A delicious and healthy stir-fry of vegetables and rice.



Main Dish

15 min

Total time

Easy

Difficulty

320

kcal / serving

Ingredients

- 1 cup of cooked white rice, 1 onion, 2 cloves of garlic, 1 carrot, 1 bell pepper, 1/2 cup of frozen peas, 1 tablespoon of sesame oil, 2 tablespoons of soy sauce, 1/2 teaspoon of ginger, 1/4 teaspoon of black pepper.

Steps

- 1 Heat sesame oil in a large skillet over medium heat.
- 2 Add the onion, garlic, carrot, bell pepper, and frozen peas and stir-fry for 3-4 minutes.
- 3 Add cooked rice, soy sauce, ginger, and black pepper and stir-fry for an additional 2 minutes.
- 4 Serve hot.