

Vegetable Fried Rice Medley

This vibrant Vegetable Fried Rice Medley combines a colorful array of veggies with fragrant garlic and ginger, making it a delicious and nutritious dish perfect for any meal.


20 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1/2 cup cooked rice
- 1 clove garlic, minced
- 1-inch piece of ginger, minced
- 1/4 cup cabbage, shredded
- 1/4 cup carrot, julienned
- 1/4 onion, diced
- 1/2 tomato, chopped
- 1/4 zucchini, diced
- 1/4 cup green beans, chopped
- 1/4 green pepper, diced
- 1 tablespoon soy sauce
- 1 tablespoon olive oil
- Salt and pepper to taste
- Fresh cilantro for garnish (optional)

Steps

- 1 Heat olive oil in a skillet over medium heat.
- 2 Add garlic and ginger, sautéing until fragrant (about 1 minute).
- 3 Add onions, and cook until translucent.
- 4 Stir in the carrots, cabbage, green beans, zucchini, and green pepper. Sauté for about 3-4 minutes until the veggies are tender.
- 5 Add the chopped tomato and cooked rice, stirring well to combine.
- 6 Pour in the soy sauce, season with salt and pepper, and stir-fry for another 2-3 minutes until heated through.
- 7 Remove from heat and garnish with fresh cilantro if desired. Serve hot.