



This vegetable fried rice dish is very delicious healthy. It has the oriental Chinese flavors of ginger, garlic & soy sauce that will delight your senses.

Ingredients

- 2 cups long grained rice or basmati rice (cooked)
- ½ cup carrots, french beans, capsicum or bell peppers (green & red but you can also add yellow)
- 5 cloves of garlic, minced
- ½ inch ginger root, minced
- 1 tablespoon of dark mushroom soy sauce
- 1 tablespoon black pepper powder
- 1 tablespoon cumin powder
- 1 tablespoon coriander powder
- 2 to 2.5 tablespoon vegetable oil
- 5 tablespoons chopped spring onions greens
- Fresh coriander for garnish or adding towards the end
- salt as required



Method

Cook the rice as usual. Take it from the heat when it is just cooked. Ensure that the rice remains singular. Take it from the heat when it is done and set it aside. Also, if you have some left over rice, you can use that too.

As the rice is cooling, chop the veggies finely and keep aside. Chop all the veggies finely because this allows them to cook faster, and makes the food look a lot more appealing.

Heat your vegetable oil in a wok or a pan. Add the red onion, half of the green onion, ginger garlic and saute on low heat until the onions become soft. Be careful not to burn the garlic.

Add the black pepper, ground cumin, ground coriander, carrots, capsicums and the French beans, increase the flame to medium-high and stir fry the veggies on a high flame. Continuously toss and stir while frying so that the veggies are uniformly cooked and do not get burnt.

The veggies have to be stir fried, till they are almost cooked and yet retain their crunchiness and crispiness.

Then add the rice and the remaining spring onions followed quickly by the soy sauce. Stir quickly. Stir fry for a few minutes till the sauce has coated the fried rice well. Before adding your salt, taste the rice first as soy sauce already has salt in it. Add salt as or if required then garnish with your finely chopped coriander. Serve hot



SERVE WITH: beef stew, meat balls, coleslaw and a heart full of love ☺.

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/chinese-vegetable-fried-rice/>

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