



There are so many ways to upgrade your left over fried rice and my rosemary and eggplant rice is one of many. Light mellow dish with explosive flavor!

### Ingredients

2 cups of left over rice	1 tablespoon of fresh rosemary
1 courgette	2 tablespoons of coriander stalks
1 small egg plant	1 red onion, finely chopped
3/4 tablespoon of black pepper	1 tablespoon of soy sauce
1/2 a teaspoon of turmeric	Fresh coriander for garnish
1/4 teaspoon of cayenne pepper	

### Method

In a pan, add your red onion, minced garlic, minced ginger rosemary and coriander stalks. Let this simmer for about a minute then add all the spices. Allow these to cook down for about 4-5 minutes or until the onions have softened.

Add your courgette and eggplant and toss these with the other veggies on high heat until they are just cooked. This will take about two minutes. Do not let them get soggy and chewy.

Add your left over rice and toss them in too. Add the soy sauce and toss this until combined. Allow this to stay on the heat for about three minutes, thereafter, garnish with fresh coriander and serve.



**SERVE WITH:** a meat stew of choice

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