

FRIED RICE



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This recipe is highly adaptable, quick, and costs less than \$5 per serving! Change the protein or add the vegetables you enjoy such as peas for a classic addition.



INGREDIENTS

3 cups cooked, leftover rice (one cup of dry rice, cooked)
Vegetable oil
2 beaten eggs
1 half yellow onion
1 large carrot
2 garlic cloves
Small knob ginger
2 tablespoons Soy sauce
1 tablespoon Sesame oil
Sesame seeds for garnish
Green onion for garnish

DIRECTIONS

1. Dice onion, grate or dice carrot, mince garlic, mince ginger.
2. Heat wok or pan on high heat. Once wok is very hot, add 1 tbsp vegetable oil.
3. Add beaten eggs and scramble in pan on high heat. Before they are fully cooked, remove the eggs from the pan and set aside.
4. Add vegetable oil as needed, then add onions and carrots to the pan. Stir constantly and cook until onions become translucent.
5. Add garlic and ginger to vegetables in the pan. Stir constantly and cook until fragrant, about 1 minute.
6. Add rice to pan, stir into the vegetables. Add soy sauce and sesame oil, continuing to stir. Cook until rice is hot, 2-3 minutes.
7. Add cooked eggs and stir in.
8. Plate rice. Add green onion and sesame seeds.
9. Enjoy!

RESOURCES



BU Food Pantry



Thoughtful
Eating Toolkit

Notes:

If adding chicken, pork, or other meat, add it to the pan after step 6 and cook thoroughly.

For some spice, consider adding chili oil, sambal oelek, gochujang, sriracha, or other chili paste along with soy sauce in step 6.

If possible, keep the heat of the pan as high as possible throughout the recipe to get flavorful char and color on the vegetables and rice.