

Starters, Sides, and Complements

Fried Rice

**Vegetarian, Gluten-Free*

This is a simple side to make that goes great with stir fry, Play with it by adding some different vegetables.

You'll Need

- 2 cups cooked rice
- 1 tablespoons olive oil
- 1 tablespoon butter
- 2 cloves of garlic minced
- 1 small white onion chopped
- 2 eggs
- 2 tablespoons soy sauce
- salt and pepper
- 1/2 cup peas



Directions

- Place olive oil and butter in pan. Once heated, add garlic and onion.
- Once garlic and onion are soft, add rice, peas, salt, pepper, and soy sauce. Occasionally mix.
- Finally, move rice in pan so that there is an opening in the middle of the pan. Crack 2 eggs in empty space and scramble. Once eggs are cooked, mix rice together with it.
- Remove from heat and enjoy.

Play with Your Food

- Add carrots, and scallions
- Add some chicken or bacon

Med Well Kitchen Tested