

Fried Rice

2 cups rice (jasmine, basmati, long or short grain)

Cook rice per instructions and place in bowl. Chill in fridge for 1 hour or until cool.

Bunch scallions (cut up)

1 tspn fresh garlic

2 tspn fresh ginger

1 tspn salt

1 tspn pepper

4 eggs (scrambled and placed to side)

2 tbspn soy sauce

1 cup frozen carrots and peas

1 tbspn cooking oil

In large hot skillet, add oil and scallions and stir constantly. Add rice, garlic, ginger, salt, pepper and carrots and peas. Continue to stir and add scrambled eggs. Stir in soy sauce and serve.

If you choose to add meat or seafood, it should be thoroughly cooked before you stir into the fried rice.