THE FAB FLIP

Chinese Veg Fried Rice

by

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CHINESE VEGETABLE FRIED RICE

PREP TIME	COOKING TIME	SERVINGS
10 mins	15 mins	2-3

INGREDIENTS

2 cups Basmati rice
1-2 tsp black pepper powder
1 medium size onion (finely chopped)
2 tsp finely chopped ginger
2 tsp finely chopped garlic
6-8 beans finely chopped
¼ cup spring onion whites
¼ cup carrot chopped
¼ cup capsicum chopped
¼ cup finely chopped cabbage.
Some spring onion greens
1-2 tbsp soy sauce
1 tsp vinegar
3 tbsp oil
Salt as per taste

INSTRUCTIONS

Preparation of Veg Fried Rice -

1. Take 2 cups of rice , add 11/2 tbsp of oil and 1 tbsp of salt. Cook it until 90% done. Drain the rice and allow it to cool completely.
2. Now, take a wok and add 1 ½ tbsp of cooking oil and allow it to heat.
3. Once the oil is hot add finely chopped ginger and garlic and fry this for a minute.
4. Then add the onions and saute until they become translucent. Keep the flame on high throughout the process.
5. Next add the beans and the carrots and fry for 2 minutes. Once done , add all other veggies (cabbage , capsicum , spring onions) and saute until they are almost cooked.
6. Make sure the veggies are not overcooked such that they lose their crunchiness.
7. Now add , 1 tsp of salt and 1 tsp soya sauce. Mix it well and then add the cooked rice to it.
8. Toss the rice so that all the ingredients are mixed well.
9. Now add 1 tsp black / white pepper powder , 1 tbsp soya sauce , pinch of sugar , 1 tsp of vinegar and salt as per required.
10. Give all the ingredients a good mix and fry for 2-3 minutes on high flame.
11. Toss some spring onion greens and give a quick mix.
12. Switch off the flame and serve the hot and delicious Chinese fried rice with some sauce or manchurian gravy.