

Extra Vegetable Fried Rice

Author: Cookie and Kate Prep Time: 20 mins Cook Time: 15 mins
Total Time: 35 minutes Yield: 2 to 3 servings Category: Main
Method: Stovetop Cuisine: Chinese

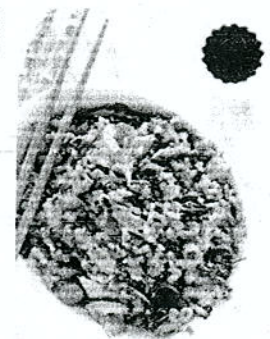
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Learn how to make vegetable fried rice—it's a simple and satisfying dinner! This vegetarian recipe features extra vegetables and brown rice. Recipe yields 2 large or 3 moderate servings (I think you could double it if you have a large enough skillet, but you might not get as much caramelization on the edges of the veggies and rice).

INGREDIENTS

SCALE: 1x 2x 3x

- 1 1/2 teaspoons + 2 tablespoons avocado oil or safflower oil, divided
- 2 eggs, whisked together
- 1 small white onion, finely chopped (about 1 cup)
- 2 medium carrots, ~~finely chopped~~ (about 1/2 cup) *grated*
- 2 cups additional veggies, cut into very small pieces for quick cooking (see photos for size reference; options include snow peas, asparagus, broccoli, cabbage, bell pepper, and/or fresh or frozen peas—no need to thaw first)
- 1/4 teaspoon salt, more to taste
- 1 tablespoon grated or finely minced fresh ginger
- 2 large cloves garlic, pressed or minced
- Pinch of red pepper flakes
- 2 cups cooked brown rice (*see notes!)
- 1 cup greens (optional), such as spinach, baby kale or tatsoi
- 3 green onions, chopped
- 1 tablespoon reduced-sodium tamari or soy sauce**
- 1 teaspoon toasted sesame oil
- Chili-garlic sauce or sriracha, for serving (optional)



INSTRUCTIONS

1. This recipe comes together quickly. Before you get started, make sure that all of your ingredients are prepped and within an arm's reach from the stove. Also have an empty bowl nearby for holding the cooked eggs and veggies. I'm suggesting that you start over medium-high heat but if at any point you catch a whiff of oil...

heat to medium.

2. Warm a large cast iron or stainless steel skillet over medium-high heat until a few drops of water evaporate within a couple of seconds. Immediately add 1 1/2 teaspoons of oil and swirl the pan to coat the bottom. Add the scrambled eggs and swirl the pan so they cover the bottom. Cook until they are just lightly set, flipping or stirring along the way. Transfer the eggs to a bowl and wipe out the pan with a heat-proof spatula.
3. Return the pan to heat and add 1 tablespoon of oil. Add the onion and carrots and cook, stirring often, until the onions are translucent and the carrots are tender, about 3 to 5 minutes.
4. Add the remaining veggies and salt. Continue cooking, stirring occasionally (don't stir too often, or the veggies won't have a chance to turn golden on the edges), until the veggies are cooked through and turning golden, about 3 to 5 more minutes. In the meantime, use the edge of your spatula or a spoon to break up the scrambled eggs into smaller pieces.
5. Use a big spatula or spoon to transfer the contents of the pan to the bowl with the cooked eggs. Return the pan to heat and the remaining 1 tablespoon oil. Add the ginger, garlic and red pepper flakes, and cook until fragrant while stirring constantly, about 30 seconds. Add the rice and mix it all together. Cook, stirring occasionally, until the rice is hot and starting to turn golden on the edges, about 3 to 5 minutes.
6. Add the greens (if using) and green onions, and stir to combine. Add the cooked veggies and eggs and stir to combine. Remove the pan from the heat and stir in the tamari and sesame oil. Taste, and add a little more tamari if you'd like more soy flavor (don't overdo it or it will drown out the other flavors) or salt, if the dish needs an extra boost of overall flavor.
7. Divide into bowls and serve immediately. I usually serve mine with chili-garlic sauce or sriracha on the side. Leftovers store well in the refrigerator, covered, for 3 to 4 days (if you used purple cabbage, it might stain your scrambled eggs a funny blue color, but it's fine to eat).

NOTES

***RICE NOTES:** You'll need to cook about 1 cup dry rice to yield enough for this recipe; be sure not to over-cook it or it will stick to the pan. I prefer short-grain brown rice since it's a little chewy, but medium-grain or jasmine rice will work, too. Here's how I cook brown rice. You can use freshly cooked rice if you spread it onto a large tray and let it cool for 5 to 10 minutes first (this gives it a chance to dry out a bit so it doesn't steam itself in the pan). Day-old leftover, refrigerator rice is great, too. Just break up any clumps of rice before you add it to the pan. Credit goes to Serious Eats for the rice tips!