

Vegetarian Stir fried brown rice

Difficulty level- moderate

Price- moderate

2 cups cooked and chilled brown rice
2 eggs
2 tsp sesame oil
2 Tbls olive or canola oil
1 red pepper
1 zucchini
2 carrots
2 ribs celery
1 bunch green onions
1" piece fresh ginger
2 garlic cloves
1 bunch cilantro
Almonds, cashews or peanuts

Prep and set aside:

Whisk two eggs and sesame oil together
Dice red pepper
Dice zucchini
Small dice carrot
Slice celery into ¼" diagonal slices
Mince ginger and garlic
Wash, dry and chop cilantro

In a large sauté pan or wok, heat 1 tsp of the oil until hot, but not smoking. Add the beaten egg and stir fry until the egg is just cooked and is broken into large curds, 1-2 minutes. Remove from the pan and set aside.

Add the remaining tsp of oil to the pan and cook the vegetables until slightly charred and crisp tender, about 2-3 minutes. Add the rice, garlic and ginger and continue cooking until heated through, about another 4 minutes. Return the eggs to the pan and stir fry the entire mixture until hot. Serve, garnished with cilantro and nuts.

Serves 2-4.