

Fried Rice

2 c. cooked rice (I like jasmine)

1/2 c. frozen peas

Soy sauce (to taste)

Vegetable oil (2 Tbsp.)

2/3 c. chopped carrots

2 eggs

Oyster sauce (to taste)

Sesame oil (to taste)

1. Start boiling a small saucepan of water and boil carrots 3-5 minutes then drop peas in for a split second and drain.

2. Heat oil in a wok or skillet. Add 1/2 a chopped onion if you like (we always do!). Add eggs and scramble. Add carrots and peas quickly to eggs and onion. Add rice and mix. Shake in soy sauce to coat. Drizzle with oyster oil and sesame oil to coat.

LOW CARB VERISON:

Replace rice with one head of cabbage that has been put in a food processor and diced. I also add a pinch of salt and a clove of minced garlic when making fried rice with cauliflower.