Simple Fried Rice

Ingredients

- 2 tbsp vegetable oil
- ½ white onion (chopped)
- 1 cup of assorted frozen mixed vegetables
- 4 cups of cooked leftover brown rice
- 1 cup of frozen shelled soy beans
- 4 large eggs
- 1 cooked chicken breast
- 3 tbsp soy sauce
- 2 green onions, thinly sliced (optional)*

* Nutrition facts include all optional ingredients

Making it

1. Chop onion to similar sizes as your frozen vegetables.
2. In a wok or large pan, heat vegetable oil over medium heat. Add onions and fry until translucent.
3. Add frozen mixed vegetables and fry them until they are softened.
4. Add rice to the pan and mix the vegetables around evenly.
5. Place soy beans in a microwave safe bowl, add 2 tbsp of water, cover with a plate, and microwave on high for 30 seconds. Set aside.
6. Make a well in the rice, exposing the pan in the center. Beat eggs in a small bowl and add egg mixture into the middle of the pan. Gently push the eggs around until they are softly scrambled.
7. Add steamed soy beans, cooked chicken, and soy sauce and fry until all ingredients are distributed and the eggs are cooked.
8. Remove from heat. Sprinkle with green onion, if desired.

NUTRITION FACTS

<table>
<thead>
<tr>
<th>Servings: 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>PER SERVING</td>
</tr>
<tr>
<td>Calories (kcal): 521</td>
</tr>
<tr>
<td>Fat (g): 18</td>
</tr>
<tr>
<td>Carbohydrate (g): 60</td>
</tr>
<tr>
<td>Fibre (g): 5.8</td>
</tr>
<tr>
<td>Protein (g): 28.5</td>
</tr>
</tbody>
</table>

TIPS & HINTS

If you don’t have leftover rice on hand, you can cook some from scratch. Brown rice triples when cooked so measure out 1½ cups of dry rice for this recipe.