

Vegetarian Chinese Egg Fried Rice

ABOUT

March is Nutrition Month; an annual campaign lead by Dietitians of Canada! Here is a healthy recipe from their e-book.

INGREDIENTS

- cooked brown rice, preferably at least a day old 3 cups (750 mL)
- large eggs, divided 4
- water 2 tbsp (30 mL)
- paprika 1/4 tsp (1 mL)
- turmeric 1/4 tsp(1 mL)
- oil, divided 3 tbsp (45 mL)
- medium carrot, diced 1
- medium onion, diced 1
- red bell pepper, diced 1
- frozen peas, thawed 1 cup (250 mL)
- unseasoned rice vinegar 2 tbsp (30 mL)
- teaspoons salt 1 1/4 (6 mL)
sugar 1/4 tsp (1 mL)
- monosodium glutamate (MSG) powder (optional) 1/8 tsp (0.5 mL)
- ground black pepper 1/4 tsp (1 mL)
- scallions, chopped 2
- Hot sauce for serving



DIRECTIONS

1. Using your hands, break rice clumps into individual grains in a large bowl.
2. Beat 2 eggs in a small bowl until frothy. Add water, paprika and turmeric; beat until combined. Beat the remaining 2 eggs in another small bowl. Set both bowls next to the stove.
3. Heat a wok or large cast-iron pan over medium-high heat. Add 2 tablespoons (30 mL) oil and swirl to coat the bottom of the pan. Add the 2 beaten eggs without the spices; cook, stirring, until scrambled, about 1 minute. Transfer the eggs to a clean plate.
4. Add the remaining 1 tablespoon oil to the pan and heat over high. Add carrot, onions and bell pepper; cook, stirring, until the vegetables are tender, 2 to 3 minutes. Stir in the rice and cook, stirring and breaking up any large clumps with the back of a wooden spoon, until the rice is hot, about 2 minutes. Pour in the spiced beaten eggs over the rice and cook, stirring to coat the rice with the egg, for 1 minute. Add peas and cook, stirring, until the peas are hot, about 1 minute. Add rice vinegar, salt, MSG powder, sugar, black pepper, the reserved scrambled eggs and scallions; cook for 1 minute more. Serve hot with hot sauce, if desired.