

Stir-Fried Rice

Cook/prep time: 30 mins

Serves: 4

Ingredients

2 cups of rice

2 eggs

2 cups of frozen vegetables

3 tbsp of soy sauce

300 grams of tofu or chicken



Directions

1. Measure out 2 cups of rice and add it to a pot. Add 4 cups of water to the same pot. Then stir to mix the rice and water.
2. Place the stove on high heat without the lid until the water begins to bubble.
3. Once the water is boiling, turn the heat down low and cover the pot with a lid, and let it simmer for 15 minutes. Then turn off the heat and leave the lid on for another 5-10 minutes.
4. Cut chicken or tofu into bite-sized pieces, and season as you wish.
5. Cook in a large pan until nearly done, then add the frozen vegetables and eggs.
6. Mix in cooked rice and add soy sauce and any other seasonings you'd like.

Vegetarian friendly 