



# VEGETARIAN FRIED RICE

## INGREDIENTS

4 Plant-Based Chicken Patties  
2 T extra virgin olive oil  
2 T sesame oil  
1 cup yellow onion, chopped  
3 carrots, peeled and chopped  
4 cloves garlic, minced  
1 T minced ginger  
5 cups cooked white (or brown) rice  
1 cup frozen peas  
5 eggs  
4 t soy sauce  
3 green onions, diced

**TIME:** 50 mins (Prep Time 10 mins / Cook Time 40 mins) **SERVES:** 4-5 **TYPE:** Vegetarian

## INSTRUCTIONS

- 1 Heat olive oil in skillet, add chicken patties. Grill for 4 minutes each side. Remove from skillet and cut into one inch squares.
- 2 Add sesame oil to same skillet, heat up and add onions and carrots. Stir for 4 minutes.
- 3 Add garlic and ginger, stir for 1 minute. Add rice and peas. Heat through and mix well.
- 4 Flatten rice mixture and crack 5 eggs on top. Let sit for 3 minutes, then fold eggs into rice mixture and cook thoroughly.
- 5 Add soy sauce and green onions, stir to combine.

### QUICK TIP



For the best results, use leftover rice, cooked a day or two ago