

# FARMERS MARKET FRIED RICE



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## INGREDIENTS

- 2 Eggs
- 4-5 Tablespoons **Coconut Oil** (or Peanut Oil, Olive Oil or use butter)
- 2 **Leeks** (chopped or rinsed) or 1 Onion (diced)
- 3 **Garlic Cloves**, chopped
- 4 cups **Veggies** (carrots, cabbage, asparagus, kale, bell pepper, broccoli, zucchini, green beans, baby spinach)
- 1 cup **Frozen Peas**
- 3 cups of **Brown Rice**
- 3 Tablespoons **Soy Sauce**
- 1 Teaspoon **Toasted Sesame Oil**
- 1/4 cup **Scallions**
- **Salt and Pepper** to taste

## DIRECTIONS

**Step 1:** In an extra-large non-stick skillet, heat 2 tablespoons oil over medium heat and scramble the eggs (whisk in a bowl first and season with a generous pinch of salt and pepper. Scramble in an oiled pan and chop up into smaller bits with your spatula— set aside)

**Step 2:** In the same pan, heat oil over medium, and saute the leeks or onion. Once tender add the garlic, saute 1-2 minutes. Lower heat to medium and add longer cooking veggies first like carrots and mushrooms, then add the other veggies, leaving the greens, kale or cabbage to add at the end. Toss in the frozen peas and give a stir, and set the veggies aside next to the scrambled eggs.

**Step 3:** Add enough oil to lightly coat the pan. Add the rice, spreading it out. Turn up heat to med-high, and let it get a little crispy, resisting the urge, to constantly stir. Flip the rice big sections, using a spatula and crisp up the other side. Once the rice is crispy enough to your liking, add back in the tofu (or eggs) and the veggies. Give a good stir to combine. Add the soy sauce, sesame oil and salt and pepper to taste. Adjust soy sauce and sesame oil, adding more if you like.

**Step 4:** Divide among bowls and top with fresh scallions and toasted sesame seeds.

**Step 5:** Fried Rice will keep up to 4 days in the fridge and can be reheated on the stovetop or in a microwave.

Recipe: By Sylvia, Feasting at Home

