

# Vegetable Fried Rice



Recipe courtesy of Food Network Kitchen



*A colorful medley of vegetables star in this easy fried rice recipe.*

**Total:** 20 min  
**Active:** 20 min  
**Yield:** 4 servings  
**Level:** Easy

## Directions

Heat a large nonstick skillet or wok over high heat and then swirl in 1 tablespoon of the oil. When the oil begins to smoke, add the egg and swirl the skillet to make a flat egg pancake that's only half set, about 10 seconds; scoop onto a plate.

Add the remaining tablespoon oil, then add the spinach, broccoli, bell pepper, carrots, snow peas, garlic, ginger, soy sauce and 1/4 teaspoon salt and stir-fry until crisp-tender, about 2 minutes.

Add the rice, stirring to break up any clumps, and spread it out in the skillet. Cook until heated through, about 3 minutes. Return the egg to the skillet and cook, stirring and breaking up the egg, to mix it in thoroughly, about 1 minute. Season with additional salt if needed. Stir in the sesame oil and serve.

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## Ingredients

- 2 tablespoons vegetable oil
- 1 large egg, beaten
- Kosher salt
- 2 cups baby spinach
- 1/2 cup chopped broccoli florets
- 1/2 cup chopped red bell pepper
- 1/4 cup shredded carrots
- 1/4 cup thinly sliced snow peas
- 1 teaspoon minced garlic
- 1 teaspoon finely grated fresh ginger
- 1 teaspoon soy sauce
- 3 cups cold cooked long-grain white rice
- 1 teaspoon toasted sesame oil

## My Private Notes