



# JAPAN

## Easy Fried Rice

Serving Size: 1 Cup Rice; Calories 238; Total Fat 4.1g; Carbohydrates: 45g; Sugars 0.8g; Dietary Fiber 1.5g; Protein 5.5g; Sodium: 530mg

### Ingredients:

- 4 cups cooked white rice
- 4 tablespoons vegetable or canola oil, divided
- 1 small onion, finely chopped
- 2 medium carrots, peeled and cut into small dice
- 4 scallions, thinly sliced
- 4 medium cloves garlic, minced (about 4 teaspoons)
- 2 teaspoons soy sauce, or more to taste
- 2 teaspoons toasted sesame oil
- Salt and pepper, to taste
- 2 large eggs
- 1 cup frozen peas

### Equipment Needed:

- Large frying pan

### Note:

- For best results, use Chinese-style medium-grain rice, jasmine rice, or sushi rice. Rice should either be cooked fresh, spread on a tray, and allowed to cool for 5 minutes or transferred to a loosely-covered container and refrigerated for at least 12 hours and up to 3 days.

Prep Time

15 min

Total Time

15

Servings

6



### Instructions:



1. Heat 2 tablespoons of oil in a large frying pan over high heat.



2. Add the rice, stirring and tossing until the rice is pale brown and toasted, about 3 minutes.

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## Instructions Continued:



3. Press the rice up the sides of the pan, leaving a well in the middle. Add 1 tablespoon oil to the space.



4. Add onion, carrots, scallions, and garlic and cook until lightly softened and fragrant.



5. Add soy sauce and sesame oil and toss to coat. Season with salt and pepper.



6. Push rice to the sides of the pan and add 1 tablespoon oil. Break the eggs into the oil.



7. Use a spatula to scramble the eggs, breaking them into small bits. Combine eggs into the rice.



8. Add frozen peas and toss until peas are thawed. Serve immediately.



Grab the family, take a photo of your dish, and share your culinary masterpiece on social media with [#FoodFun4H](#) [#Indiana4H](#)



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