Rainbow fried rice

COOK TIME 25 min
PREP TIME 10 min
MAKES 4 servings

SEEDS OF CHANGE™ Organic Aromatic Jasmine Rice offers our take on this Southeast Asian staple that stays true to the deliciously sticky and sophisticated classic. Make this Rainbow Fried Rice with your leftover vegetables!

INGREDIENTS

- 1 package of SEEDS OF CHANGE™ Organic Jasmine Rice
- 1 cup peas
- 1 cup carrots, chopped
- 1 medium onion, chopped
- 1 medium red bell pepper, chopped
- 1 medium yellow bell pepper
- 1 cup red cabbage, chopped
- 1 Tbsp. extra virgin olive oil
- 3 large eggs
- 1/4 cup soy sauce, low sodium
- 2 Tbsp seasoned rice vinegar
- 2 large scallions, sliced
- 1 medium lime, cut into wedges

DIRECTIONS

1. Heat a drizzle of neutral oil in a large pan. Add the veggies and sauté for 6-8 minutes.
2. Prepare Seeds of Change Jasmine Rice per package instructions. Carefully pour the hot rice into the pan. Mix well.
3. Add in the soy sauce and rice wine vinegar. Sauté for 3-4 minutes on high heat, stirring occasionally (less stirring will result in a crispier rice bottom)
4. Make a well in the center of the pan. Add in the eggs and stir them constantly until cooked through. Stir everything together.
5. Sprinkle with scallions and serve with lime wedges.

NUTRITION INFO

Column 1	Column 2
Servings	6
Calories (per serving)	260
Total Fat	7g
Saturated Fat	1.5g
Trans Fat	0g
Total Fat % DV	9%
Saturated Fat % DV	8%
Trans Fat % DV	0%
Cholesterol	95mg
Cholesterol % DV	32%
Sodium	550mg
Sodium % DV	24%
Total Carbohydrate	42g
Dietary Fiber	3g
Sugars	6g
Total Carbohydrates % DV	15%
Dietary Fiber % DV	11%
Protein	9g

You might also love...



Caprese stuffed eggplant with balsamic drizzle

Cook time

5 min

Prep time

20 min

Moroccan buddha bowl

Cook time

25 min

Prep time

15 min



Sushi bake

Cook time

15 min

Prep time

5 min

Fabulous fried rice

Cook time

6 min

Prep time

30 min

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