

Simple Vegetable Fried Rice



Ingredients

2 Tbsp toasted sesame oil
1 tsp hot chili sesame oil
2 large cloves garlic, minced
1 large sweet yellow onion, diced
1/3 cup matchstick carrots, run over with a knife until cut in small chunks
1/2 cup fresh shelled or frozen peas
1/8 tsp freshly grated ginger or a few shakes powdered ginger (Cooks tip: Peel ginger and freeze it after you buy it. Then grate it frozen when needed. It grates beautifully this way)
4 cups cooked Japanese white sticky rice (Optional nutrition swap: Replace 1/3-1/4 cups of the rice with cooked quinoa)
2-4 Tbsp coconut aminos or Tamari (gluten-free soy sauce) or more to taste. I use a combo of the two (coconut aminos will be sweeter, Tamari more salty)
A few shakes of ground white pepper
Optional: Chopped cooked broccoli, sliced cooked green beans

Directions

In a large ceramic non-stick frying pan, heat oil over medium heat. Add onions, garlic and carrots. Cook until onions are translucent and carrots are slightly tender. Add green peas and ginger and stir periodically for 5 minutes or so. Add rice. Stir until well combined. Add coconut aminos or tamari. Let sit in the pan to caramelize slightly. Stir again. Add white pepper. Taste for seasoning. Add more chili oil for heat, ginger for zing, and/or coconut/soy for flavor. When all ingredients are heated through, flavors are to your liking and you have some crust or browned bits, it is ready. Enjoy!



I like creating meals where meat is either secondary or just unnecessary. While meats can be delicious, they are much harder for your body to digest, their fats make it difficult for your liver to do its job, and their mass commercial production takes a serious toll on the environment. Adding just a few vegetarian/vegan meals a week can help your body function better and can still be scrumptious! Give it a try and let me know how it goes.