

FOLDED HILLS

WINERY · RANCH · FARMSTEAD

HEALTHY VEGGIE FRIED RICE

Ingredients:

- ½ cup diced white onion
- 1 cup carrots, diced
- 1 cup broccoli, diced
- 1 tablespoon vegetable oil
- 4 cloves garlic
- ½ inch piece of ginger
- 1 cup chopped snap peas
- 1 cup packed chopped kale
- 2 tablespoons soy sauce
- ½ tablespoon rice vinegar
- ½ tablespoon sesame oil
- 2 eggs
- Garnish with green onion
- 3 cups cooked brown rice

Directions:

Step 1: Heat oil in large, heavy saucepan over medium-high heat. Add onions, carrots and broccoli, sauté for 5 minutes until onions are translucent.

Step 2: Mince the garlic and ginger into the pan. Add the snap peas, kale and cooked brown rice into the pan and stir for a few minutes, until kale wilts. Turn the heat down to low.

Step 3: Add soy sauce, rice vinegar, and sesame oil to the pan. Cook on low for a few minutes, stirring to combine.

Step 4: Create a space in the middle of the pan and crack the eggs into that space. Scramble until eggs set, then stir to combine with the rest of the fried rice in the pan.

Step 5: Serve the fried rice hot, with a garnish of chopped green onion.



Pair with Stolpman Syrah

Point phone camera at
QR Code for more info.

