



**TITLE:  
FRIED RICE**

**PREP TIME:  
10 MINS**

**TOTAL TIME:  
30-40MINS**

**INGREDIENTS :**

3TBSP.SESAME OIL

3 LARGE EGG

1 TBSP.SALT

2 CARROT DICED

3 ONION, THINLY SLICE

3CLOVE GARLIC.MINCED

1 TBSP GINGER.MINCED

4C.COOKED LONG GRAIN  
RICE(PREFERABLY  
LEFTOVER)

3/4C FROZEN PEAS

3TBSP.SOY SAUCE

# Method

1. Heat a large cast iron skillet over high heat until very hot, about 2 minutes. Add 1 tablespoon oil.
2. Beat egg with 2 teaspoons water and a large pinch salt and add to skillet. Cook, stirring to form large soft curds, about 30 seconds. Transfer to a plate.
3. Return skillet to high heat and add 2 tablespoons oil, the carrots, and whites of the green onions. Cook until lightly golden, about 2 minutes. Add garlic and ginger and cook, stirring, until fragrant, 1 minute.
4. Add rice, peas, and cooked eggs to skillet. Pour in soy sauce and cook, stirring until heated through, 1 minute. Season with salt and pepper and stir in the remaining green onions.

*Thank  
you!*

**enjoy**