

# Vegetable Fried Rice

My take on the more traditional and not so healthy Chinese fried rice, this is a family favorite. If you don't like brown rice, opt for white. And feel free to switch up your veggies or even add some chicken or shrimp for a one-pot powerhouse meal.

## INGREDIENTS

|  |   |
|--|---|
| 1 cup short-grain brown rice   | 1 small yellow squash, small dice                   |
| 2 cups water   | 2 large scallions, thinly sliced                    |
| 1 tablespoon sesame oil (light in color, similar to any vegetable oil) | 2 tablespoons tamari or soy sauce                   |
| 1 small zucchini, small dice   | 2 tablespoons plus 1 teaspoon mirin                 |
|  | 1 teaspoon toasted sesame oil (dark brown in color) |

## SERVES

4-6 people

## TIME

🕒 35m

## STEP 1

Place the rice and water in a small pot. Cover and bring to a boil over high heat, then reduce to a simmer and cook for 30 minutes.

## STEP 2

In a large sauté pan, heat the light sesame oil over medium heat. Add the zucchini, squash, and scallions and cook, tossing occasionally, until the vegetables are soft and colors are vibrant, about 5 minutes.

## STEP 3

Add the finished rice, tamari, and mirin to the pan, mix well, and sauté for another 3 minutes, tossing regularly. Turn off the heat, and toss with the toasted sesame oil.

## SHOPPING LIST

- 1 bag short grain brown rice
- 1 bottle sesame oil (light)
- 1 small zucchini
- 1 small yellow squash
- 1 bunch scallions
- 1 bottle tamari or soy sauce
- 1 bottle mirin
- 1 bottle toasted sesame oil (dark)

## EQUIPMENT

- 1 small pot with cover
- 1 large pan

## STORAGE

Store in fridge in an air tight container, preferably glass, for 3-4 days or store in freezer for up to 3 months.