

Ingredients



1 cup water
1 cup Minute Rice
2 tbsp soy sauce ideally low-so-
dium
1 tbsp vegetable oil
1 cup vegetables fresh or frozen,
type of your choice
1 large egg
1 tbsp garlic minced
1 pinch salt to taste
1 pinch black pepper to taste

10 Minute Fried Rice



Instructions

- In a small saucepan over medium heat, bring water and soy sauce to a boil. When water bubbles, pour in uncooked rice and let stand, covered, for 5 minutes (per package directions).
- While rice finishes, heat vegetable oil in a skillet over medium heat. Add garlic, vegetables, and salt and pepper to taste. Sauté for 3-5 minutes or until garlic begins to turn golden brown.
- Crack egg directly into skillet and scramble with vegetables and garlic. When egg is cooked (roughly 2-3 minutes), pour the finished rice in the frying pan.
- Stir rice with egg, vegetables, and garlic until any excess water from the rice evaporates, about 2-3 minutes. Serve immediately.

