



SECOND CHANCE FOODS

Fried Rice w/ Stir Fry Sauce



20-40 min

Cook & Prep Time



4

Servings



**Use what
you have**

Reduce Waste

Ingredients:

- 3 Tbs • Chile Garlic Sauce
- 5 Tbs • Soy Sauce
- 5 Tbs • Rice Vinegar
- 2 Tbs • Sugar
- 1/4 cup • Garlic, minced
- 1/4 cup • Ginger, Minced

- 2 Cups • Cooked Rice
- 2 Cups • Assorted Vegetables
- 1/2 lb • Protein(s) of choice
- 1-2 • Eggs if using

Leftover Rice

This is a great way to use leftover rice! If the rice is hard soften with a Tbsp or two water or broth prior to adding it to the cooked vegetables.

Steps:

Sauce First! Saute garlic & ginger, add all other sauce ingredients and bring to boil. Pour into a bowl and use the pan to cook the following based on what you have on hand.

Raw Meat

Slice meat into thin strips or small chunks. Cook in vegetable oil over medium heat, flipping or stirring occasionally for 3-5 min. or until done. Remove from pan, leaving 1-2 Tbs of liquid in to cook vegetables.

Veggies

Dice vegetables into small pieces. Saute in pan using leftover juice from cooking meat, 1 Tbs vegetable oil, or a few Tbs of Stir Fry Sauce. Start with harder vegetables (carrots, turnip, onion, etc.) gradually add in quick cooking veggies (kale, peas, etc.) until soft 5-12 min.

Eggs

We scramble our eggs separately due to our quantities and help and then stir it in at the end. But if you're adventurous you can move vegetables to one side of your pan and cook eggs in the same pan.

Put it all together! Add rice to vegetables, and stir in 1/2 the sauce, add meat and eggs if using and then add the remainder of the sauce to taste.

Cut here or add your own Kitchen Notes Below