

FOOD



This tasty and healthy version of traditional fried rice, uses three varieties of nutritious rice and a variety of vegetables, chicken and egg to make a complete meal.

Tri-Fried Rice

Ingredients:

- 1 cup cooked, diced organic chicken breast
- 2 eggs, stirred well, fried flat and cut into half-inch squares
- 1/2 cup brown rice, rinsed, then cooked in rice cooker
- 1/2 cup red rice, rinsed, then cooked in rice cooker
- 1/2 cup black rice, rinsed, then cooked in rice cooker
- 4 cloves garlic, minced
- 1 cup chopped green onion
- 1/2 cup peas
- 1/2 cup carrots, finely diced
- 1/2 cup steamed broccoli, chopped
- 2 tablespoons walnut oil
- 1 tablespoon soy sauce
- chili garlic sauce or sriracha

Instructions:

1. Heat a large metal or cast iron skillet over medium heat. Once hot, add 2 tablespoons of walnut oil and thoroughly cook diced chicken.
2. To the still hot pan add garlic, green onion, peas, carrots, steamed broccoli. Fry for 3-4 minutes, stirring occasionally, and season with 1 Tbsp (15 ml) soy sauce.
3. Add cooked rice and remaining sauce. Cook over medium-high heat for 5 to 10 minutes, stirring frequently.
4. Serve immediately with chili garlic sauce or sriracha for heat (optional). Crushed salted, roasted peanuts or cashews make a lovely additional garnish. Leftovers keep well in the refrigerator for 3-4 days, though best when fresh. Reheat in a skillet over medium heat, or in the microwave.

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