



Egg Fried Rice ( OP I )

Serving: 1

Non Veg

### *Ingredients*

- -1/2 cup cooked brown rice
- -1 no. carrot, cut in small dices
- -1/4 cup finely chopped French beans
- -1/2 cup finely chopped cabbage
- -1 no. onion, finely chopped
- -1 tbsp spring onion
- -1 tsp soya sauce
- -1 egg, broken
- -Salt and pepper to taste
- -1 tsp olive oil

### *Preparation Method*

- 1. Heat the oil in a pan, add chopped onion and saute for 1 minute.
- 2. Add all the chopped veggies and cover and cook for 2 minutes. Then add the egg in it and stir well.
- 3. Add pepper powder, salt, soya sauce and spring onions. Cook for 2 minutes then add boiled rice and toss well. Serve immediately.