



Healthy Broccoli Fried Rice (OP I)

Serving: 1

Veg

Ingredients

- -1/2 cup blanched broccoli florets
- -1/2 cup cooked brown rice
- -1 tsp oil
- -1 tsp finely chopped garlic (lehsun)
- -1 whole dry kashmiri red chillies , broken into pieces
- -2 tbsp thinly sliced onions
- -1/2 tsp finely chopped ginger (adrak)
- -1/2 tsp finely chopped green chillies
- -1/4 cup sliced coloured capsicum
- -1/2 tsp soy sauce
- -salt to taste

Preparation Method

- -Heat the oil in a broad non-stick pan, add the garlic and dry red chillies and sauté on a medium flame for 30 seconds.
- -Add the onions, ginger and green chillies and sauté on a medium flame for 1 minute.
- -Add the capsicum and sauté on a medium flame for 1 minute.
- -Add the broccoli and sauté on a medium flame for 1 minute.
- -Add the brown rice, soy sauce and salt, mix gently and cook on a medium flame for 2 minutes.
- -Serve hot.