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Broccoli Fried Rice

Recipe by: HERCATE



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Ready in **30 min**

Picture by: boxofbears

You can modify this recipe to include any veggies you choose. It's a great way to use up leftover rice.

Ingredients

Serves: 8

275g uncooked long-grain rice

1 tablespoon vegetable oil

500g broccoli florets

3 spring onions, diced

2 eggs, beaten

2 tablespoons soy sauce

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

Preparation method

Prep: 5 min | Cook: 25 min

1. Cook rice according to package instructions. Set aside.
2. Heat oil in a large frying pan or wok over medium heat. Sauté broccoli until tender but still crisp, and add spring onions. Remove from frying pan. Scramble eggs; return broccoli mixture to pan. Stir in cooked rice, soy sauce, salt and pepper.

Note:

Allow the rice to sit a moment to cool after it's finished cooking. This will prevent it from getting mushy when you fry it. This dish is best, however, using leftover rice.

Nutrition

Calories 187.8 kcal

Total Fat 3.4 g

Saturated Fat 0.7 g

Salt 405.3 mg

Protein 6.3 g

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