

Sweet Chili Fried Rice

A healthier alternative to take-out

Sunny C



Ingredients

- $1\frac{1}{2}$ cups dry white Jasmine rice
- 3 eggs
- 1 head broccoli, cut into small florets
- 1 large yellow onion, coarsely diced
- $\frac{3}{4}$ cup matchstick carrots
- 6 oz bag frozen peas
- 6 cloves garlic, minced
- $\frac{1}{2}$ cup & 1 tbs low sodium soy sauce
- 3 tbs sweet chili sauce
- 2 tbs sesame oil

Directions

1. Cook rice according to package directions. Chill at least 1 hour, up to 1 day.
2. Mix eggs in a bowl with 1 tbs soy sauce.
3. Heat oil in large pan over medium heat. Sauté onion and broccoli for five minutes, add carrots and garlic and sauté another 2-3 minutes until broccoli is crisp-tender.
4. Add rice to pan and mix. Push rice mixture to one side of the pan, clearing a corner to add egg mixture. Cook and scramble for 3 minutes until almost firm. Toss with rice mixture.
5. Add frozen peas, sweet chili sauce, and remaining soy sauce. Mix well and cook for 2-3 minutes or until peas are warm.