**Egg Fried Rice**

Prep time: 20 min Cook time: 15 min

**Ingredients:**

* 2 cups almost cooked brown rice or hand pounded white rice
* 3 eggs, whisked
* 1 onion, finely chopped
* 1 carrot, finely chopped
* ½ cup bell peppers, finely chopped
* ½ cup French beans, chopped
* 3 spring onions, chopped
* 2 cloves garlic, minced
* 1 tbsp ginger, grated
* Pinch of red chili
* 1 tbsp soya sauce
* 3 tbsp oil (sunflower or extra light olive oil)
* Low sodium salt, to taste.

**Instructions:**

1. Heat 1 tbsp oil in a pan over medium heat. Add the eggs and scramble until lightly cooked. Transfer to a bowl and set aside.
2. In the same pan, add 1 tbsp oil, then add the onions and carrots. Cook for 5 minutes until the onions turn translucent.
3. Add the remaining vegetables and salt, then cook for 5 more minutes, stirring often.
4. Transfer the cooked vegetables to the bowl with the scrambled eggs.
5. Add 1 tbsp oil to the pan again, then sauté the ginger, garlic, and red chili powder for a few seconds.
6. Add the rice and cook for 5 minutes, stirring occasionally.
7. Add the spring onions along with the cooked vegetables and eggs. Stir well to mix everything evenly.
8. Finally, add the soy sauce and adjust salt to taste. Stir well and serve hot.