**Veg Fried Rice**

Prep time: 20 min Cook time: 15 min

**Ingredients:**

* 2 cups almost cooked brown rice or hand pounded white rice
* 1 onion, finely chopped
* 1 carrot, finely chopped
* ½ cup cabbage, chopped
* ½ cup bell peppers, finely chopped
* ¼ cup green peas
* 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
* 2 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 onions and carrots and sauté for 5 minutes until onions turn translucent.
2. Add the remaining vegetables and salt. Cook for 5 more minutes, stirring frequently.
3. Transfer the cooked vegetables to a bowl and set aside.
4. In the same pan, add 1 tbsp oil again. Sauté ginger, garlic, and red chili powder for 30 seconds.
5. Add the cooked rice and stir-fry for 5 minutes, ensuring it's well coated with the flavors.
6. Add the spring onions and cooked vegetables back to the pan. Stir to mix everything evenly.
7. Pour in the soy sauce and adjust salt if needed. Mix well and cook for another minute.
8. Remove from heat and serve hot.