

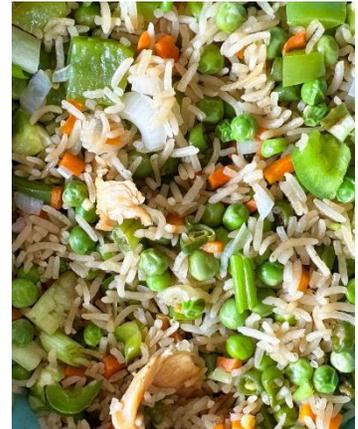


Week 4 Comfort Meal: Better-Than-Takeout Fried Rice

Serves 4-6 | Uses 3 eggs | 25 minutes

Ingredients

- 1 clove garlic, minced
- 4 cups cold cooked rice (day old is best. Fresh rice is too soft, and cold rice gives you a slightly chewy texture and prevents mush. If you cook rice on the same day, spread it on a baking sheet and chill 30-60 minutes).
- 2 eggs
- 1-1½ cups cooked protein (diced ham, pork, chicken, or beef)
- 1 cup frozen peas and carrots
- 3 tbsp soy sauce
- 1 tsp sesame oil (optional but great)
- 2 tbsp + 1 tsp vegetable oil, divided
- 2 green onions, sliced thin diagonally
- Salt & black pepper



Method

1. Mince the garlic clove and slice the scallions, separating the light- and dark-green parts.
2. Heat the 2 tablespoons of the vegetable oil in a large wok or nonstick frying pan over medium-high heat. Add the garlic, scallion whites, frozen peas and carrots. Stir-fry until the carrots and peas are thawed, about 2 minutes.
3. Add the cold cooked rice, breaking up any clumps of rice with your fingers as you add it in. Toss to combine with the peas and carrots.
4. Push the fried rice to one side of the pan. Add the remaining 1 teaspoon vegetable oil to the now-empty side of the pan, then crack the eggs into the oil. Whisk eggs lightly with a pinch of salt.
5. Cook quickly, breaking into soft pieces.
6. Drizzle soy sauce around the edges of the rice in the pan (not directly on the rice). Add sesame oil, toss well and fold the eggs in gently.
7. Taste before seasoning with more salt and pepper as needed (soy sauce is salty!). Sprinkle with the reserved scallion greens.

