

Edible Perspective

2.17.15

Vegetable Fried Rice gluten-free, vegan // yields 3-4 large servings

- 2 1/2 tablespoons refined avocado oil (or other high-heat cooking oil)
- 2 cups [EBF broccoli](#), *chopped into florets*
- 2 1/2 tablespoons gluten-free tamari
- 1 1/2 tablespoons rice vinegar (or white wine vinegar)
- 2 teaspoons sriracha
- 1/2 cup diced yellow onion
- 1 large [EBF carrot](#), *chopped*
- 2 cloves garlic, *minced*
- 2-3 teaspoons grated ginger
- 1 cup [EBF frozen peas](#), *thawed*
- 1/2 cup shelled edamame, *thawed*
- 4 cups pre-cooked short grain brown rice (chilled for at least 8 hours after cooking)
- 1 cup [EBF frozen mango](#), *thawed and chopped*
- 1/2 cup sliced [EBF green onion](#)

Place about 2 teaspoons of oil in a wok or large skillet over medium heat. Once hot, add the broccoli and cook until vibrant green, about 4-5 minutes. Toss every minute or so.

While the broccoli cooks stir together the tamari, rice vinegar, and sriracha. Set aside.

Add the onion and carrot to the broccoli and cook until starting to soften, about 4-5 minutes. Stir every minute or so. Add the garlic and ginger and cook for 30 seconds - 1 minute, stirring constantly.

Add the thawed peas and edamame and cook for 1 minute. Stir a few times. Remove mixture from the wok onto a large plate or baking sheet. Wipe out the pan.

(Have all of your ingredients ready as the next part moves quickly over high heat to avoid soggy rice.)

Set the wok (or large pan) over high heat and add 1 tablespoon of oil. Once hot, add 2 cups of the rice and let fry for about 1 minute (very hot! watch for spattering), tossing a few times. Pour half of the sauce on top. Toss to combine and let cook for about 30 seconds, stirring 2-3 times (you want some of the sauce to soak in, but you don't want the pan to dry up). Add 1/2 of the veggies back to the pan along with 1/2 of the mango and 2-3 tablespoons of green onion. Cook for about 1 minute until well combined and hot.

Serve hot and top with sriracha, green onion, sesame seeds, etc. Repeat the same process above with remaining rice and vegetables.

Let cool before storing in a sealed container in the fridge for up to 4 days.

Notes:

- It's very important to use a wok/pan over high heat with high-heat oil. If you don't do this, the rice will turn mushy. Also, cooking in 2 stages prevents the rice from becoming mushy as well.
- Thaw and drain your peas and edamame. No boiling is required. Just toss them in the pan as directed.
- It is crucial to use rice that is chilled and has been pre-cooked, or you'll end up with soft, mushy fried rice.
- Long + medium grain rice also works well and will have less stickiness and a more toothsome

bite.

- scant 1 1/4 cups uncooked short grain brown rice = appx. 4 cups cooked