



# CHINA



## Vegetable Fried Rice

*6 Servings*

### Ingredients

- 3½ tbsp – diced yellow onion
- 1¼ tsp – canola oil
- 2 cups – boiling water
- ¼ tsp – kosher salt
- 6¼ ounces – brown rice
- 5½ ounces – frozen peas and carrots
- 3½ tbsp – soy sauce

### Method

1. Add rice and salt to the boiling water, lower temperature to medium and simmer until tender and the liquid is absorbed.
2. Sauté the onions in the oil and add the rice and peas. Cook until hot throughout.
3. Combine rice, vegetables and soy sauce and mix well to combine.

**Serve and Enjoy!**