

# ADDICTIVE, VEGGIE-FILLED FRIED RICE

A recipe by **FoodNouveau**

## INGREDIENTS

Serves 4

4 tbsp [60 ml] peanut or canola oil, divided  
3 eggs, beaten

### *Proteins:*

3 links Chinese Sausage (lap chong), cut in 1/4-in [0.5-cm] dice  
1/2 cup [125 ml] firm or extra-firm tofu, diced

### *Aromatics:*

2 inches [5 cm] fresh ginger, finely grated  
1 small onion, finely chopped  
2 cloves garlic, finely minced  
2 long red chillies, sliced (these chillies are fairly mild, but remove the seeds if you don't like things spicy)

### *Veggies:*

1/2 cup [125 ml] each, for a total of 2 cups [500 ml] vegetables \*see note\*:  
- Cauliflower, cut in small florets  
- Carrot, matchsticks  
- Corn kernels (fresh or frozen)  
- Green peas (fresh or frozen)

4 cups [1 L] cooked rice, cold  
1 tsp [5 ml] kosher salt, or to taste

### *Seasonings:*

1 tbsp [15 ml] fish sauce, or to taste  
2 tbsp [30 ml] rice wine vinegar  
3 green onions, white and green parts, thinly sliced  
Fresh basil, to serve

## METHOD

*Make sure all your ingredients are prepped and ready before you start frying.*

**Cook the egg:** Heat 1 tbsp [15 ml] oil in a wok or a large pan over medium-high heat. When it's hot, pour in the beaten eggs and stir constantly until puffed and cooked. Remove from the pan and set aside for later. Wipe out or clean the wok.

**Cook the vegetables:** Heat 1 tbsp [15 ml] oil the wok over high heat until it's shimmering. Add the 2 cups vegetables (cauliflower to green peas) and season with a pinch of salt. Stir-fry until the vegetables are crisp-tender, about 5 minutes.



Recipe Credit: Adapted from a technique and recipe by Whitney Chen.

Photo Credit: Marie Asselin

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Remove from the pan and set aside with the eggs. Wipe the wok clean.

**Cook the proteins:** Chinese sausage and tofu are fully cooked, so you only need to heat them. Heat 1 tbsp [15 ml] oil to the wok over high heat and add the diced sausage and tofu and sauté until they're golden and a little crisp. Careful not to overcook the sausage so it doesn't get dry and tough. Remove the meat (set it aside with the eggs and veggies) and keep any rendered fat in the pan. Note: if you're using bacon, sauté it for 2-3 minutes before adding the tofu to make sure it's cooked.

**Cook the aromatics:** Add the remaining 1 tbsp [15 ml] to the hot wok. When it shimmers, add the onion and sauté until it starts to soften, about 3 minutes. Add the ginger, garlic and chilies and sauté for 2 minutes more.

**Add the rice:** When the ginger and garlic are starting to turn golden, add the rice all at once. Gently poke the rice to separate chunks, tossing it to make sure every grain touches the hot oil and the aromatics are well incorporated. Stir-fry until the rice is very hot and looks dry and separate. If you don't have a really hot burner, it's ok to let the rice sit for a few seconds at a time before stirring; less agitation is actually better than more as long as nothing is scorching. Season with a few pinches of salt, keeping in mind that the fish sauce in the next step will also add saltiness.

**Mix in all the cooked ingredients and seasonings:** Toss in the cooked egg, vegetables, sausage and tofu, and mix well over high heat. Clear a spot in the center of the wok for the wet seasonings. Pour the fish sauce and rice wine vinegar into the wok. Let them become hot and bubbly before stirring the rice into it. Keep cooking and tossing until the rice is dry again.

To serve: Add the sliced green onion. Mix well. Serve each portion very hot, topped with chopped fresh basil.

*Notes:* Use any kind of vegetable you have on hand: snow peas, green beans, celery, mushrooms, broccoli, edamame and cabbage all work wonderfully.

Fried rice keep pretty well for a day or two and -- dare I say -- it's excellent cold, straight out from the fridge!