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Vegetable Fried Rice with Edamame

Serves 6 to 8

Ingredients:

- 3 cups cooked and chilled Jasmine rice
- 2 TBSP canola oil
- 1 garlic clove, minced
- 1 TBSP fresh ginger, peeled and minced
- 1½ cups small diced broccoli florets
- 8oz mushrooms, sliced
- ¾ cup small diced red bell pepper
- ¾ cup frozen edamame, thawed and drained
- ¾ cup frozen petite corn, thawed and drained
- 3-4 TBSP soy sauce, to taste
- 1 TBSP sesame oil
- ½ cup scallions, sliced (whites only)

Preparation:

1. Heat oil in a large non-stick wok (or large, deep skillet) over medium-high heat. scallions, garlic and ginger and saute 3 minutes. Add broccoli and bell pepper and saute until the veggies are soft, about 3-4 minutes. Stir in edamame, corn, soy sauce, and sesame oil, and cook and toss for 2 minutes. Serve warm.



Food Fairy Note: It also works best if you can prepare the rice a day in advance.

Adapted from: *Vegetable Fried Rice with Edamame, Cooking Classy*, April, 2015

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