



# Vegan friendly, Teriyaki Fried Rice

NIBBLEDISH CONTRIBUTOR

## Ingredients

- cups of cooked rice.  
*(old rice is best for fried rice)*
- 2 cups of chopped bokchoy
- 1/2 of red bell peppers finely chopped (**optional**)
- 1/2 cup of finely chopped carrots
- 1 cup of **fresh** sugar snap peas, chopped diagonally into small pieces
- 1 small onion, finely chopped.
- 1/2 cup of roughly chopped fresh flat parsley *(for that herbilicious, lemony taste)*
- 2 tbsp. of your favorite Teriyaki sauce.  
*(I used [Wegman's](#) Teriyaki sauce in this recipe)*
- 1 tbsp. of Canola oil for frying
- Salt & pepper for seasoning

## Instructions

- Heat oil in pan. Add onions and stir fry until they become slightly transparent.
- Add in the sugar snap peas and bokchoy. Sauté the vegetables until color turns to bright green.
- Add in the bell peppers or finely chopped carrots. Sauté for about 2 minutes.
- Season with a dash of salt and pepper. (Yes, season at this point - not at the very end of cooking)
- Add rice and give it a quick stir fry. Make sure that the vegetables are evenly

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mixing with the rice.

- Add 2 tbsp. of Teriyaki sauce and toss everything together. Continue stir frying for another minute.
- Finally, add freshly chopped parsley, toss and let the rice cook for 1 more minute.

Serves 1-2 people.