



Simple Fried Rice

NIBBLEDISH CONTRIBUTOR

Ingredients

1 cup Whole wheat rice (cooked and refridgerated)
1/4 cup Frozen mixed veges (cooked)
Onion (chopped into large pieces)
Red Pepper (diced)
Parsley (optional)
Olive oil
1 Egg (beaten)
salt
cayenne pepper

Instructions

1. In a frying pan/wok heat enough olive oil to lightly coat the bottom of pan. Heat oil until it smokes a bit.
2. Add in onions and egg. Scramble egg completely.
3. Add in Rice, stir all together. Add in veges, red pepper and parsley. Mix thoroughly.
4. Season with salt and pepper to taste.

Serve while still hot.

Enjoy!

