



Fried Rice with Egg (optional turkey add-in)

Serving:

4

Type:

vegetarian or meat

Author:

Ronnie Fein

Notes:

This easy recipe for fried rice incorporates colorful veggies and a variety of textures that come together in a one pot meal.

The best part? Even kids as young as four can assist in making this dish. Older kids can handle this recipe independently as soon as it's safe for them to chop and turn on the stove with supervision.

Ingredients:

1 cup white rice

4 scallions
1-1/2 cups chopped leftover turkey (optional)
1 cup thawed frozen peas
2 large eggs
3 tablespoons olive oil
1/2 teaspoon salt or to taste

Directions:

Place the rice in a saucepan. Add 1-3/4 cups cold water. Bring the water to a boil over high heat. Turn the heat to low. Stir the rice and water once or twice. Cover the pan. Cook for 18 minutes. Remove the pan from the heat and let the rice cool.

Chop the scallions and set them aside in a bowl. Chop the turkey and set it aside in a bowl. Place the peas in a measuring cup or bowl. Beat the eggs in a bowl and set aside.

Heat 2 teaspoons of the olive oil in a wok or stir-fry pan over medium-high heat. Add the eggs and cook, stirring once or twice until they are set on the bottom. Turn the eggs over and cook briefly until firm. Dish out the eggs onto a chopping board, chop them and set them aside.

Heat the remaining olive oil in the pan. Add the scallions and stir-fry for about 2 minutes. Add the cooled rice and stir-fry to remove any clumps and to mix in the scallions. Add the peas and turkey and cook for another minute, stirring frequently to distribute the ingredients evenly. Add the eggs and salt and stir-fry for another minute or so.