

Phil's
Cage free since 1959
Appetizers & Sides
VEGGIE FRIED RICE

Who doesn't love this classic Chinese takeout? Add egg whites and brown rice to put a healthy twist on your veggie friend rice.

Ingredients

2 Tbsp.	Vegetable oil
2 cups	Cooked brown rice
1 cup	Diced carrots
1 cup	Diced red bell pepper
¼ cup	Diced white onion
⅓ cup	Thinly sliced green onion
2 tsp.	Minced garlic
1 tsp.	Low-sodium soy sauce
1 tsp.	Sesame oil
4 Tbsp.	Phil's Fresh Eggs Organic Liquid Egg Whites
1 cup	Frozen peas
1 cup	Frozen corn
	Salt and black pepper to taste



Directions

STEP 1

Heat ½ Tbsp. of vegetable oil in a large wok or frying pan over high heat until smoking. Add half of the brown rice and cook, stirring and tossing, until the rice is toasted (about 3 minutes). Transfer cooked rice to a medium bowl. Repeat with another ½ Tbsp. of oil and the remaining rice.

STEP 2

Return all rice to wok and press it to the sides. In the space in the middle add another ½ Tbsp. oil and the carrots, red bell pepper, white onion, green onion and garlic. Stir gently and cook until soft and fragrant. Add the soy sauce and sesame oil; toss/stir all to mix and coat.

STEP 3

Push the rice mixture to the side of the wok and add the remaining ½ Tbsp. oil. Pour the Liquid Phil's Fresh Egg Whites into the oil. Stir quickly to scramble. Stir the egg and rice together.

STEP 4

Add the frozen peas and corn, and continue to stir until peas and corn are thawed and warm. Season to taste with salt and black pepper. Serve immediately.