



Fried Rice

Servings: 4

Prep Time: 10min

Cook Time: 18min

Ingredients

- 1 medium onion, finely chopped
- 1/2 cup chopped celery
- 1 carrot, peeled and chopped
- 2 tablespoons finely chopped and peeled fresh ginger
- 1 1/2 cups thinly sliced red bell pepper
- 3 slices thick-cut bacon, chopped
- 1 tablespoon toasted sesame oil
- 1/4 cup lower-sodium soy sauce
- 2 tablespoons rice vinegar
- 2 1/2 cups cooked rice
- 2 eggs, lightly beaten
- 1/2 cup frozen peas, thawed
- Green onions, for serving

Directions

1. Chop onion and celery, peel and chop ginger and carrot, and thinly slice red bell pepper. Keep all veggie cuts between 6mm and 1cm inch pieces
2. In a deep 30cm skillet, heat bacon. Cook until crisp, about 3 minutes, then transfer bacon to paper-towel-lined plate. You can also substitute bacon for 1 tablespoon of vegetable oil
3. Add toasted sesame oil and ginger to skillet. Cook on medium-high 1 to 2 minutes
4. Add onions to skillet and cook 1 to 3 minutes or until golden, stirring. No onions? Substitute in finely chopped green onions, garlic, or onions
5. Reduce heat to medium. Stir bell pepper, celery, and carrot into skillet and cook 3 to 5 minutes. For added flavour, stir in chopped green beans, carrots, or broccoli instead
6. Add rice to skillet and cook 4 minutes. Then with a spatula, push rice mixture around edge of skillet, leaving space in center
7. Add eggs to center of skillet and cook 1 minute, stirring eggs until scrambled
8. In a small bowl, whisk soy sauce and rice vinegar. Stir into skillet along with bacon, cooked vegetables, and peas. Cook 3 minutes or until veggies are softened, stirring and scraping. Top with sliced onions