

Gourmet Vegetable Fried Rice

Yield/Servings: 14 oz portion



Ingredients:

Yellow Pepper, Diced	2 oz
Carrot, Diced	1 oz
Green Soy Bean (Edamame)	2 oz
White Onion, Diced	1 oz
Green Onion, Sliced	1 oz
Cooked Rice, made day prior	8.5 oz
Vegetable Oil	3 Tbsp

Seasonings:

AMOY Chinese Stir-fry Sauce	2 oz
White Pepper to taste	

Preparation:

1. Blanch carrot and green soy bean in boiling water with a dash of salt and 1 Tbsp of oil for 45 seconds.
2. Heat 1 Tbsp of oil, add white onion and fry until clear, add yellow pepper, carrot, soy bean. Mix well and reserve on the side.
3. Heat 2 Tbsp of oil, stir fry rice for 1-2 minutes. Add vegetables, all remaining ingredients and Amoy Chinese Stir-fry sauce, mix well and serve hot.