

Recipe Name: Vegetable Fried Brown Rice Recipe
Diet Type: Vegetarian
Course: Lunch
Cuisine: Chinese
Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Brown Rice - cooked	4
• 2 tablespoons Garlic - chopped	
• 1 Green Chilli - chopped	
• 1/2 cup Carrots (Gajjar) - chopped	
• 1/2 cup Green beans (French Beans) - chopped	
• 1/2 cup Green Bell Pepper (Capsicum) - chopped	
• 1 Onion - chopped	
• 1/2 cup Cabbage (Patta Gobi/ Muttaikose) - chopped	
• 1 tablespoon Roasted tomato pasta sauce - or store bought	
• 1 tablespoon Red Chilli sauce	
• 1 teaspoon Soy sauce	
• 1/2 teaspoon Ginger - freshly grated	
• 2 tablespoons Spring Onion Greens - chopped	
• Salt - as required	
• 1 teaspoon Vinegar	
• Extra Virgin Olive Oil - as required	

Preparation

- To begin making the Vegetable Fried Brown Rice recipe, collect all the ingredients on the kitchen platform before you start cooking.
- You can use fresh cooked brown rice or even the left over brown rice.
- Heat oil in heavy bottomed pan and add garlic and saut.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	60	15	4	2