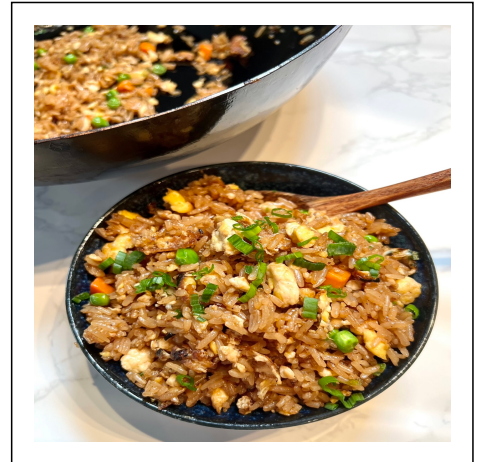


Recipe Name: Chinese Egg Fried Rice Recipe With Oats
Diet Type:
Course: Dinner
Cuisine: Fusion
Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Brown Rice - cooked	4
• 80 grams Rolled Oats Or Instant Oats	
• 3 Whole Eggs	
• 2 Spring Onion Greens - finely chopped	
• 2 Carrots (Gajjar) - finely chopped	
• 12 Green beans (French Beans) - finely chopped	
• 1 cup Cabbage (Patta Gobi/ Muttakose) - finely chopped	
• 1 teaspoon Sunflower Oil	
• Salt and Pepper - to taste	

Preparation

- To begin making the Chinese Egg Fried Rice Recipe With Oats, in a wok, add a teaspoon of oil, spring onions, carrots, beans, oats and cabbage.
- Sprinkle some salt and stir-fry on medium heat until the vegetables are softened and cooked.
- You can optionally c.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	60	12	4	2