

Recipe Name: Szechuan Vegetarian Fried Rice
Diet Type:
Course: Lunch
Cuisine: Sichuan
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 cup Rice - boiled	2
• 1/4 cup Green beans (French Beans) - finely chopped	
• 1 Carrot (Gajjar) - finely chopped	
• 1 Green Bell Pepper (Capsicum) - finely chopped	
• 2 Dry Red Chilli - sliced	
• 2 cloves Garlic - finely chopped	
• 1 inch Ginger - finely chopped	
• 2 teaspoon Red Chilli sauce - (or Birds Eye Chili sauce)	
• 2 teaspoon Soy sauce	
• 1 teaspoon Vinegar	
• Salt - to taste	
• Black pepper powder - to taste	

Preparation

- We begin making the Szechuan Vegetable Fried Rice Recipe by prepping all the ingredients needed for the recipe.
- Boil the rice with 2 cups of water in a pressure cooker for 3 whistles depending on the rice.
- Once the pressure is released , keep it aside.
- Allow the rice to cool completely.
- Using a day old rice also helps.
- Heat a heavy bottomed pan with oil, add ginger , garlic, and red chillies.
- Then you can add the vegetable and saute till the vegetables are cooked.
- Once done add the sauces along with the cooked rice.
- Toss the rice and season it according to your taste.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	10	55	10	4	2

