

Knife Skills Fried Rice (IST)

Serves 4



Ingredients:

Stir-fry ingredients:

- 2-inch piece fresh ginger, peeled and grated (about 2 Tablespoons minced)
- 1 small head broccoli, stem and crown separated
- 2 medium carrots, shredded
- 1 cup fresh green beans, ends removed and snapped into ½-inch pieces
- 1 medium zucchini, diced medium
- ½ bell pepper (red, orange, or yellow), seeds removed, diced medium
- 2 garlic cloves, minced
- 2 scallions, thinly sliced
- 3 teaspoons canola oil
- 1 (8.8-ounce) package 90-Second Brown Rice

Stir-fry sauce:

- 3 Tablespoons less-sodium soy sauce
- 1 teaspoon canola oil
- 2 garlic cloves, minced
- 2 scallions, thinly sliced
- 1 Tablespoon rice vinegar
- Zest and juice of 1 lime
- ⅛ teaspoon red pepper flakes
- 1 teaspoon honey

Instructions:

1. Peel and grate fresh ginger. Grate broccoli stems. Shred carrots using larger holes on grater and set aside. Snap green beans.
2. Cube zucchini and bell pepper and cut broccoli into small florets. Add to a large bowl and set aside.
3. Mince 4 cloves garlic and thinly slice 4 scallions, divide in half and add to two small bowls. To make the sauce, combine soy sauce, canola oil, 1/2 of the prepared garlic and scallions, rice vinegar, zest and juice of one lime, red pepper flakes, and honey in a bowl. Whisk together and set aside.
4. In an electric skillet, heat 3 teaspoons oil to medium heat. Add other bowl of prepared garlic and scallions, and ginger to the skillet. Cook, stirring constantly, for 1 minute.
5. Add shredded carrots, zucchini, bell pepper, green beans, and broccoli to the skillet. Stir constantly until the vegetables are tender, about 5 minutes.
6. Add sauce and packaged rice to the skillet and stir to combine.
7. Cook for an additional 1-2 minutes until the rice is warmed through. Serve and enjoy!

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Nutrition Facts

Serving Size 1 × 4 Serving

Amount Per Serving

Calories 229.3

% Daily Value*

Total Fat	7.1 g	9 %
Saturated Fat	0.7 g	4 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	488.1 mg	21 %
Total Carbohydrate	37.1 g	14 %
Dietary Fiber	5 g	18 %
Total Sugars	7.1 g	
Added Sugars	1.4 g	3 %
Protein	6 g	
Vitamin D	0 mcg	0 %
Calcium	68.2 mg	5 %
Iron	1.6 mg	9 %
Potassium	606.4 mg	13 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com

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