

MICROWAVE FRIED RICE RECIPE

Servings: 1 generous portion

Ingredients

1 cup cooked rice (preferably cold)
1 egg
1/4 to 1/2 cup frozen mixed vegetables
1 clove garlic, minced
1 to 2 tablespoons green onions
1 to 2 teaspoons soy sauce
1 teaspoon oil or butter
1 tablespoon water

Instructions

1. Cook the vegetables
Place vegetables and water in a microwave-safe bowl and cover loosely.
Microwave on high for 1 minute.
2. Heat the rice
Add rice, garlic, and oil. Break up the rice and mix.
Microwave on high for 1 minute.
3. Add the egg
Push rice to the sides and create a well in the center. Crack the egg into the middle and lightly scramble just the egg.
Microwave on high for 45 seconds.
4. Finish
Mix everything together. Add soy sauce and green onions.
Microwave on high for 45 to 60 seconds.
5. Adjust
If needed, add a small splash of water if dry or cook an additional 15 to 30 seconds if the egg is not fully set.