



Vegetable Fried Rice

The vegetable fried rice is a great main course, but it also makes a great side dish.

Ingredients:

¼ cup peanut oil
1½ cups diced yellow onions
1½ cups diced carrots
1 tablespoon minced garlic
4 large eggs
1 tablespoon toasted sesame oil
2 ¾ cups uncooked long grain rice, cooked according to package directions and cooled
½ cup rice wine
⅓ cup soy sauce 1 cup English peas
½ cup thinly sliced scallions

Method:

Set the EGG for direct cooking at 425°F/218°C.

Place a [Paella Pan](#) on the grid and preheat for 2 minutes.

Heat the peanut oil in the preheated Paella Pan and add the onions and carrots. Close the lid of the EGG and sauté for 2 to 3 minutes, until the carrots are tender. Add the garlic and cook for 1 minute, stirring occasionally (Stir-Fry). Using a wooden spoon, move the vegetables to the outer edges of the Paella Pan, leaving the center exposed.

Using a whisk, beat the eggs and sesame oil in a small bowl. Pour the beaten eggs into the center of the Paella Pan. Using a wooden spoon, stir until the eggs are scrambled.

Add the rice and rice wine. Close the lid of the EGG and cook for 3 to 4 minutes, stirring often, until all the ingredients are combined. Add the soy sauce, peas, and scallions. Stir to combine and cook for 1 minute. Transfer the rice to a bowl and serve immediately.

Serves 6 as a main course, or 8 as a side dish