

Simply Ming: Better For You **Veggie Fried Rice**

By Ming Tsai 2023

(Serves 4 - 6)

Ingredient List

4 eggs, scrambled or Just Egg equivalent
1 bunch of scallions, sliced, green and white separated
1 tb minced garlic
1 tb minced ginger
1 red bell pepper, small dice
1 zucchini, small dice
4 cups cooked hot house rice (50/50 brown/white, soak brown rice for 1 hour separately in water then cook together with white rice)
2 tbs tamari
2 cups watercress or any greens
Grape seed oil or canola to cook
Kosher salt and fresh ground black pepper to taste

Instructions

Pre-heat a wok and 1 inch of oil to almost smoking temperature to “fry” the eggs. Line a plate with a paper towel. Crack eggs in a bowl, season with salt and pepper and give them a quick scramble. Add eggs to wok and stir vigorously until puffed and cooked thru, drain on paper towels. In the same wok, add a touch of oil then scallion whites, sauté for 1 minute then add garlic and ginger, season and stir. Add bell peppers, zucchini, and watercress, season and wok stir until softened, about 2 minutes. Add tamari and the hot rice, mix well. Lastly, add back the scrambled eggs and taste for seasoning.

Plating

On a platter or a large bowl, place greens down first and top with fried rice. Garnish with scallion greens and freshly cracked black pepper. Enjoy!