

Description: A healthy and flavorful dinner recipe that combines the crunch of vegetables with the comfort of fried rice

Ingredients:

- 2 cups cooked rice
- 1 large carrot, peeled and grated
- 1 head of cauliflower, broken into florets
- 1 head of broccoli, broken into florets
- 2 eggs, beaten

Instructions:

1. Heat 2 tablespoons of oil in a large skillet or wok over medium-high heat
2. Add the grated carrot and cook for 2-3 minutes, until it starts to soften
3. Add the cauliflower and broccoli florets and cook for an additional 4-5 minutes, until the vegetables are tender-crisp
4. Push the vegetables to one side of the pan, then add a little more oil if necessary and pour in the beaten eggs
5. Scramble the eggs until they are cooked through, then mix them with the vegetables
6. Add the cooked rice to the pan, breaking up any clumps with a spatula, and stir-fry for 2-3 minutes, until the rice is heated through and starting to brown

Tips:

- Use day-old rice to make the best fried rice
- Customize the recipe with your favorite vegetables or seasonings

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Original ingredients requested: carrot, cauliflower, egg, broccoli, rice (Meal type: dinner)