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

Generated on: 7/2/2025, 4:52:42 PM

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