

Fried Rice

FRIED RICE is an easy one-dish meal. Malayalees tend to make a fresh pot of rice everyday, so there are days when there is enough leftover rice to make this imaginatively transformed new dish, FRIED RICE. If there is no leftover rice, make the rice ahead and chill for at least an hour before making this dish. FRIED RICE can be accompanied by a meat curry, a vegetable dish, or enlivened with a dipping sauce made with soy sauce, vinegar, sliced scallions, and finely-cut green chilies.

Ingredients (To serve 4)

- Cold, cooked long grain rice - 3 cups
- Large eggs - 3
- Shallots - 4
- Small green chilies - 4
- Olive oil - 2 tbsp
- Salt - ½ tsp
- Freshly ground pepper - ¼ tsp

Utensils

- Medium wok

Preparation (5 minutes)

1. Whisk the eggs.
2. Peel and mince the shallots.
3. Trim the stems off and mince the green chilies.

Cooking (10 minutes)

1. Heat the oil in the wok over high heat.
2. Add the shallots to the hot oil and stir-fry until they turn golden brown.
3. Add the minced green chilies to the wok and stir-fry for a minute.
4. Add the eggs, scrambling them in the wok, until they are just cooked.
5. Add the rice and sauté, breaking any clumps of rice with a spatula.
6. Season with salt and pepper.

Serve: Warm.

Nutrition Information
(per serving) %DV

Calories	319	16 %
Carbohydrates	44 gm	15 %
Protein	10 gm	20 %
Fat	12 gm	18 %
Cholesterol	185 mg	62 %
Sodium	356 mg	15 %
Fiber	1 gm	4 %
Calcium	47 mg	5 %
Iron	3 mg	17 %