

Leftover Rice Fried Rice Recipe | Quick Vegetable Fried Rice

Turn leftover cooked rice into delicious Leftover Rice Fried Rice with vegetables and sauces. This quick Indo-Chinese recipe is easy to prepare for breakfast or a fast meal.



Prep time
10 minutes

Cook time
10 minutes

Total time
20 minutes

Servings
2 servings

Calories
300 kcal

Ingredients

Cold Cooked Rice	2 cups
Cabbage	½ cup
Carrot	½ cup
Onion	1 small
Capsicum	½ cup
Green Chillies	2
Ginger-Garlic Paste	½ tsp
Oil	2 tbsp
Soy Sauce	1 tsp

Red Chili Sauce	1 tsp
Tomato Sauce	1 tsp
MSG	A pinch, optional
Salt	About ¼ tsp or to taste

Method

- 1. Prepare Vegetables**
Finely chop the cabbage, carrot, onion, capsicum and green chilies.
- 2. Heat the Pan**
Heat a pan over high heat. Add two tablespoons of oil.
- 3. Stir-Fry Vegetables**
Add green chilies, carrots and capsicum. Stir-fry for 20–30 seconds.
- 4. Add Onion and Cabbage**
Add onion and cabbage. Cook over high heat for about two minutes.
- 5. Add Ginger-Garlic**
Add ginger-garlic paste and mix quickly.
- 6. Add Rice**
Add the cold cooked rice. Toss gently with the vegetables.
- 7. Add Sauces**
Add soy sauce, red chili sauce and tomato sauce.
- 8. Season**
Add optional MSG and a small amount of salt.
- 9. Stir-Fry**
Toss everything gently over high heat for a short time.
- 10. Serve**
Turn off the heat and serve the fried rice hot.

Chef tips

- Use cold rice for better texture. Avoid overly wet or soft rice. Cook the vegetables over high heat and retain some crunch. Toss the rice gently to prevent the grains from breaking. Finally, taste before adding extra salt because the sauces may already be salty.



Full recipe: <https://meenrazcooking.com/en/recipe/leftover-rice-fried-rice/>

Watch the video: youtube.com/watch?v=fLLax_MSjuk

