



Down Syndrome Achievement Centers  
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## Easy Fried Rice

This easy fried rice recipe tastes like something you'd get at a Chinese restaurant. Fried rice is a great side-dish! Add some protein like beef or chicken and you have a quick and easy dinner.

**PREP TIME** 20 minutes   **COOK TIME** 15 minutes   **TOTAL TIME** 35 minutes

### Ingredients

- 3 Tbsp. butter, divided
- 2 eggs, whisked
- 1 small white onion, diced
- 1 cup frozen peas and carrots
- 3 cloves garlic, minced
- salt and pepper
- 4 cups cooked and chilled brown rice
- 3 green onions, thinly sliced
- 3-4 Tbsp. soy sauce
- 1/2 tsp. sesame oil



### Directions

1. Heat 1/2 tablespoon of butter in a large skillet over medium-high heat until melted. Add egg, and cook until scrambled, stirring occasionally. Remove egg.
2. Add an additional 1 tablespoon butter to the pan and heat until melted. Add carrots, onion, peas and garlic, and season with a generous pinch of salt and pepper. Saute for about 5 minutes or until the onion and carrots are soft.
3. Increase heat to high, add in the remaining 1 1/2 tablespoons of butter, and stir until melted. Immediately add the rice, green onions, and soy sauce. Stir until combined.
4. Continue stirring for an additional 3 minutes to fry the rice. Then add in the eggs and stir to combine. Add the sesame oil, stir to combine, and remove from heat.