

Quick & Easy 30min Vegetable Fried Rice

Serves a family of 6



Ingredients

500g **frozen mixed veggies**

2 Tbsp **Canola Oil**

1 **Onion**

4 cups **Rice**

3 Tbsp **Vege Stock**

2 Tbsp **Curry Powder**

Garlic to taste

Optional: You can also add **meat** if you'd like.

Method

1. Cook the rice
2. Saute the onion, garlic and oil
3. Add curry powder and vegetable stock. Let it cook for a minute.
4. Add veggies and mix through curry and stock evenly.
5. Once veggies are softened add cooked rice.
6. Mix through evenly and add a little oil to help separate rice
7. Serve and enjoy

