

# fried rice

prep: 20m  
stove top: 20m

serves: 4-8

## ingredients:

1 cup uncooked rice  
4 tbsp sesame oil  
1/2 cup soy sauce  
sesame seeds to taste  
1 small can water chestnuts  
1 small can bamboo shoots  
2 eggs  
1/4 cut matchstick-cut carrots

## notes:

✓ frozen veggies work best

## instructions:

- cook rice, cover, and cool (day before is fine)
- in a large skillet, fry eggs, chop, and set aside
- heat veggies in oil until just beginning to soften, set aside
- fry rice in oil until beginning to crisp
- add veggies, egg, soy sauce, cook until uniformly heated, mixing well
- serve hot

## news:

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