

Indian Vegetarian Curried Fried Rice

Sue note: *I found this recipe while reading **Shape Magazine (July 2010)** with my breakfast and was happy to realize that I had all of the ingredients in my garden, fridge and cupboard. This is a great recipe to make and then eat for lunch the next day.*

Ingredients:

2 tbsp peanut or vegetable oil
½ cup chopped onion
1 tbsp minced ginger
1 cup green beans, cut into ¾ inch pieces
½ cup ¼ inch diced carrots
1 tbsp curry powder
3 cups cooked brown rice (Sue note: I used brown basmati rice)
1 cup canned chick peas, rinsed and drained
1 cup halved cherry tomatoes
2 tbsp soy sauce
1/8 tsp black pepper

Directions:

1. Heat 14-inch flat-bottom wok or 12-inch skillet over high.
2. Swirl in 1 tbsp oil, add onion and ginger, and stir-fry for 1 minute or until beans are bright green.
3. Stir in curry powder and stir-fry for 5 seconds or until fragrant.
4. Swirl in remaining oil, then add rice.
5. Stir-fry for 1 minute, breaking up rice with a spatula until it's well combined with vegetables.
6. Add chick peas, tomatoes, soy sauce, pepper and stir-fry for 1 minute or until mixture is heated through.