

Five Spice Fried Rice

A lighter version of your favorite fried rice. This recipe does require a little planning because cold rice works best for this recipe. Freshly cooked rice will get all mushy, unless you like mushy fried rice. Chinese food is delicious, but do something right for your body and make your own fried rice. It's so much better! Feel free to mix up the veggies in the rice such as a red pepper, broccoli, or bean sprouts. You can also switch out the brown rice for quinoa. Enjoy.

xoxo,

Kristin

1. Peel the sweet potato and chop into dice- size cubes.
2. In a large wok or skillet, heat 1 teaspoon of the ghee over medium heat. Add the sweet potato and the water and stir-fry the potato, stirring often. If the potato starts to stick add a little more of the water as needed. Cook until the potato is close to tender and browning on some sides, 5 to 8 minutes. Add the onion and carrot and cook until the onions are translucent, about 3 more minutes. Add the 5-spice powder and garlic, mix well, then remove the vegetables from the pan. Scrape the pan clean.
3. In a small glass, mix together the soy sauce, vinegar, and chili paste. Heat the wok back up over medium heat and add the remaining 1 tsp. oil. Throw in the rice and stir fry until it begins to warm, 3 to 5 minutes. Drizzle the sauce of the rice, mix well, then add the cooked vegetables. Stir-fry for a minute so everything is well mixed. Fold in the greens, green onions, and peas. Turn off the heat and serve immediately.

Recipe from Thug Kitchen, Eat Like You Give a F*ck, serves 4