

# Indian Style Chinese Vegetable Fried Rice

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-india-cauliflower-fried-rice-recipe>

## Ingredients:

- 1 cup rice long grain, Basmati is good
- 1 carrot medium
- 1 green bell pepper medium
- 2 spring onions
- 1/4 cup peas
- 4 baby corn
- 6 beans french
- 1/8 cabbage portion, small th
- 1/4 cauliflower small
- 1 green chilli
- 3 tablespoons oil
- 2 tablespoons soya sauce
- 1 tablespoon white vinegar
- 1 1/2 tablespoons tomato ketchup
- 1 teaspoon chilli sauce green
- 1/2 teaspoon black pepper freshly crushed
- salt to taste

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 26 grams
3. Fat: 11 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. SaturatedFat: 1 grams
7. Sodium: 760 milligrams
8. Sugar: 5 grams

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