

Indo Chinese Veg Fried Rice

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-veg-fried-rice-recipe-youtube>

Ingredients:

- 1 cup long grain rice
- 1/4 cup shredded cabbage optional
- 1/4 cup cauliflower parboiled, optional
- 2 tablespoons spring onions chopped, white
- spring onions green as needed
- 1/2 capsicum thinly sliced, green, yellow, red any
- 1 carrot medium sized, shredded
- 1 tablespoon dark soya sauce
- 1 teaspoon sugar optional
- 1 tablespoon chili sauce optional
- 1 teaspoon vinegar optional
- 3 garlic pods finely chopped
- 1/8 teaspoon pepper powder
- 2 tablespoons olive oil or sesame oil

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 90 grams
3. Fat: 14 grams
4. Fiber: 5 grams
5. Protein: 10 grams
6. SaturatedFat: 2 grams
7. Sodium: 630 milligrams
8. Sugar: 8 grams

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