

Indian Vegetable Fried Rice

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 1 tablespoon olive oil
- 1/2 teaspoon cumin seeds
- 1 teaspoon minced garlic
- 1 teaspoon minced ginger
- 1 green chili chopped
- 1 medium red onion sliced
- 1 carrot diced
- 1 cup baby spinach packed
- 1 corn kernels cob of, cut off with a sharp knife See notes
- 1 zucchini cut into four lengthwise and sliced
- 1/2 cup chopped tomatoes
- 4 cups cooked white rice leftover
- 1 teaspoon cumin powder toasted, See notes
- 1 teaspoon garam masala powder
- freshly ground black pepper
- salt
- 10 sprigs cilantro leaves stripped and chopped
- 1/2 lime juiced

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 5 milligrams
4. Fat: 4 grams
5. Fiber: 3 grams
6. Protein: 10 grams
7. SaturatedFat: 1 grams
8. Sodium: 660 milligrams
9. Sugar: 7 grams

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