

Indian Style Vegetable Fried Rice

Yield: 5 min
Total Time: 25 min

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

Ingredients:

- 3 cups basmati rice cold cooked
- 1 1/2 cups cabbage chopped
- 1 medium carrot diced
- 1 zucchini small, diced
- 1 cup diced onion
- 1 cup broccoli florets chopped
- 1 cup green beans chopped
- 1/2 cup frozen peas
- 4 scallions chopped
- 2 green chillies chopped, Thai or Indian type
- 3 tablespoons olive oil
- 1 tablespoon chopped garlic
- 1 teaspoon ginger grated
- 1 handful fresh curry leaves 10-12
- 1/2 teaspoon cumin seed
- 1 teaspoon black mustard seed
- 1/2 teaspoon turmeric
- 2 teaspoons ground coriander
- 1 teaspoon Garam Masala
- 1 tablespoon soy sauce
- 1 tablespoon apple cider vinegar
- 1/2 cup roasted peanuts
- 1 tablespoon chopped cilantro

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 106 grams

3. Fat: 17 grams
 4. Fiber: 7 grams
 5. Protein: 16 grams
 6. SaturatedFat: 2.5 grams
 7. Sodium: 270 milligrams
 8. Sugar: 7 grams
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