NORTH LONDON WASTE AUTHORITY

Eat like a Londoner



Broccoli stem fried rice

Most people who cook with rice will agree its a particularly difficult one to get right quantity-wise. If you tend to massively over cater and keep finding yourself with piles of leftover plain rice slowly going stale in the fridge then this is an excellent, quick week night recipe for you.



You can play around with what veg you throw in. In this recipe we suggest using broccoli stems as they're a part of the vegetable we commonly throw away, but in fact are completely edible and delicious! Some thinly sliced carrots can also make a great addition.

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Ingredients

- 250g cooked rice (slightly stale works best!)
- 3 tbsp vegetable oil
- 1 onion, finely chopped
- 1cm thumb of ginger, peeled and grated
- 1 clove garlic, peeled and thinly sliced
- 1 broccoli stem, cut into thin strips
- 1 broccoli head roughly chopped
- 4 eggs
- 2 tbsp of soy sauce (or tamari if GF)

Prep time:
10 mins

Cooking time:
10 mins

Serves: 4

Recipe

1 - In a wok or deep frying pan, heat the oil on a medium heat
2 - Turn up the heat a little and add the onions, broccoli stem and heads, garlic and ginger and stir fry for 5 mins until the onions turn golden and the broccoli has softened. Keep everything moving to make sure the garlic and ginger don't burn.
3- Add the rice to the pan and mix well. Stir-fry for a further 3-5 minutes to ensure the rice is thoroughly heated through.
4- If using egg, push the rice to one side of the pan and break the eggs into the other. Fold continuously to help them scramble for 2 minutes, then mix well with the rest of the rice.
5- Add soy/tamari sauce to taste. Serve immediately.