

# Sweet Chili Veggie Fried Rice

**Servings:** 2 large bowls (or 3 small portions)

**Prep Time:** 5 minutes

**Cook Time:** 10 minutes

**Total Time:** 15 minutes

## Ingredients

2 cups cold cooked rice (day-old works best)

2 Tbsp sweet chili sauce

1 cup mixed vegetables (peas, carrots, corn, broccoli, etc.)

1 egg, beaten

1 Tbsp oil (vegetable, canola, or sesame)

Optional: green onions, sesame seeds, soy sauce, chili flakes

## Directions

### 1. Cook the Egg

Heat  $\frac{1}{2}$  Tbsp oil in a wok or skillet over medium-high heat.

Scramble beaten egg until just set.

Transfer to a plate and set aside.

### 2. Stir-Fry the Vegetables

Add remaining  $\frac{1}{2}$  Tbsp oil to the pan.

Add mixed vegetables and stir-fry 3 minutes until bright and softened.

### 3. Add the Rice

Add cold rice and break up clumps.

Pour in sweet chili sauce.

Stir-fry 5 minutes, letting rice get slightly crispy.

### 4. Combine and Finish

Add scrambled egg back in.

Toss until evenly coated and heated through.

Adjust seasoning as desired (soy sauce or more chili sauce).

### 5. Serve

Serve hot in bowls.

Optional toppings: sesame seeds, green onion, lime wedge.

## Notes & Tips

- Use day-old rice — it stays firm.
- Add 1 tsp soy sauce for savory balance.
- Protein options: tofu, shrimp, diced chicken.
- For heat: add sriracha or chili flakes.
- Want it more filling? Add a second egg.