

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 ½ 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 ½ 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.