

Side | Lunch | Dinner

Easy Fried Rice

Side Effect: Diarrhea

5 Mins Prep Time

10 Mins Cook Time 4 Servings

216 Calories 10g Fat 25g Carbs 7g Protein



Ingredients

Allergens: None

Total Time

Allergens: None

Nourishment Note



? Rice

Bland and gentle on the stomach, rice is a key component of the BRAT (bananas, rice, applesauce, and toast) diet, which may be helpful for treating diarrhea.



© Ginger

Gingerol, the bioactive ingredient in ginger, may be beneficial as an antioxidant and anti-inflammatory agent.



Instructions

1. Wash Hands

Wash hands with soap and water.

2. Cook Garlic and Ginger

In a large skillet, heat sesame oil and cook garlic and ginger paste until softened.

3. Add Carrots

Add the carrots and sauté until tender.

4. Add Rice

Add the cooked rice and soy sauce and mix thoroughly.

5. Scramble Eggs

In a separate skillet, scramble the 2 eggs over medium heat.

6. Combine Ingredients and Serve

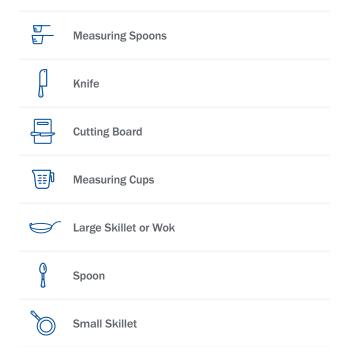
Mix scrambled eggs and rice mixture. Season to taste and top with green onion. Serve and enjoy!

7. Wash Hands

Wash hands with soap and water.

Recipe adapted from: tasty.co

What You'll Need



Fatigue Buster

- Purchase minute rice or frozen rice instead of preparing traditional rice. Cold or leftover rice works well for fried rice because it is less sticky.
- Purchase shoestring carrots instead of chopping carrots.
- Purchase minced garlic instead of chopping garlic.