



## Asian Vegetarian Fried Rice Recipe Vegetarian Fried Rice with Garlic Sesame Sauce

Healthy vegetarian fried rice with peas, carrots, mushrooms and onions in a garlic sesame sauce. (No eggs)



Ingredients: For 2 servings  
½ C. **Garlic Sesame Sauce** ([Starport 209](#))  
4 C. Cooked Rice  
1 C. Peas and carrot, frozen  
1 C. Mushrooms, sliced  
¼ C. Red onion, diced  
2 Tbsp. Vegetable oil



### Instructions:

1. Rinse frozen peas and carrot in hot water, drained and set aside.
2. Heat pan at high heat then add oil, onions and mushrooms and sauté 40-50 seconds.
3. Add rice and gently un-clump rice with a spatula, stir-fry until popping hot.
4. Add and peas and carrots and **Garlic Sesame Sauce**, toss rice and mixed well, sauté until steaming hot.
5. Garnish with chopped green onions.