



# mix it up

The Culinary Medicine Cookbook for  
Mixing Things up in the Kitchen

## NUTRITION TIP:

This dish includes 3 non-starchy vegetables, which add volume and a boost of vitamins, minerals, and fiber. For a low-sodium option, choose low-sodium soy sauce or tamari. Alternatively, substitute coconut aminos; though not traditional, this condiment made from coconut sap provides a soy-free, gluten-free alternative with a mild, slightly sweet flavor. To make this a complete meal, fry extra eggs to enjoy on top or serve it as a side dish alongside your favorite protein.

## CULINARY TIP:

For the best texture in fried rice, use day-old, cold rice that crisps up nicely when stir-fried. Long-grain rice, such as jasmine or basmati, is typically the best choice. It contains less starch than short-grain rice, helping keep the grains separate and less sticky. Brown or other whole-grain rice varieties can be substituted. For a quicker version of this recipe, opt for instant or frozen rice that can be microwaved to pre-cook in minutes. You can also use quinoa or certain other foods that are actually pseudograins—meaning they're not true grains, but used like grains in cooking—in this recipe and others in this book that call for grains.

## Spicy Egg-Fried Rice

Fried rice, traditionally a Chinese dish made with leftover rice, has become a beloved staple across the Asian continent. Each region adds its twist, such as the sweet soy sauce in Indonesian *nasi goreng* or the bold, spicy flavors of gochujang in Korean *bokkeumbap*.

**Total time:** 40 minutes **Active Time:** 15 minutes **Inactive Time:** 25 minutes

**Yield:** 3–4 servings as a side or as a meal **Equipment:** Stovetop burner or hot plate, large 12-inch frying pan with a lid, rubber or silicone spatula, measuring spoons, measuring cups, chef's knife, gripper cutting board; optional trivet, peeler

### INGREDIENTS

- 2 carrots
- 1 bell pepper
- 1 yellow onion
- 2 garlic cloves
- ½ small bunch fresh cilantro
- 3 eggs
- 2 tablespoons sriracha
- ¼ cup soy sauce
- 2½ cups cooked rice

### DIRECTIONS

#### 1) Finely chop the vegetables and aromatics

Wash, peel (as needed), and finely chop the carrot, bell pepper, and onion into small (¼–½-inch) pieces and set aside. Finely chop the garlic. Wash and finely chop cilantro leaves and tender stems.

#### 2) Sauté the vegetables and aromatics

Sauté the vegetables (excepting cilantro) by heating the pan over medium-high heat. Add 2 tablespoons of oil and then the vegetables. Cook for 3–5 minutes or until tender, stirring occasionally with a spatula. Add the garlic and cook for 1–3 minutes, stirring frequently, until you start to smell the garlic and the vegetables have become soft.

#### 3) Fry the grains

Add the rice to the pan and cook for 5–8 minutes, stirring frequently and breaking up any clumps with a spatula, until browned and crispy. (If using cauliflower rice, cook for only 3–4 minutes or until tender.) Stir in the sriracha and soy sauce and cook for 1 minute until everything is well combined. Taste and adjust seasonings as needed.

#### 4) Scramble the eggs

Make room for the eggs by pushing the rice to the outer edges of the pan. Add the remaining 1 tablespoon of oil to the center of the pan. Crack the eggs directly into the center (or pour in liquid eggs, if using). Let the eggs cook for about 1 minute or until the whites set. Then, use your spatula to scramble the eggs in the pan. Once the eggs are fully cooked, mix them into the rice by folding the rice from the edges toward the center, quickly working your way around the pan. Turn off the heat and move the pan to an empty burner or trivet.

#### 5) Serve, enjoy, and store

Serve as a meal or a side dish. Garnish with fresh chopped cilantro. Store leftovers in an airtight container in the refrigerator for up to 5 days.

This recipe follows a framework presented in the *Mix It Up* cookbook. The book presents dozens of other frameworks and various resources to equip you to use recipe frameworks to make your own delicious dishes.

