Broccoli fried rice
RECIPE

Broccoli fried rice

COOK TIME	15 mins
PREP TIME	15 mins
SERVES	4 x

Broccoli Fried Rice

INGREDIENTS

- 2 cups (300 g) chopped Potato
- 2 cups (260 g) chopped Sweet Potato
- 2 Tbsp chopped Onions
- 4 tbsp Cream
- 2 Tbsp Olive Oil
- 1 Tsp Salt
- 6 cups (420 g) ground Broccoli
- 2 Tbsp MasterFoods™ Finely Chopped Ginger
- 2 Tbsp MasterFoods™ Finely Crushed Garlic
- 2 Tsp MasterFoods™ Onion Salt
- 2 Tbsp MasterFoods™ Chives
- ½ cup (120 ml, 4fl oz.) Soy Sauce
- 2 Tbsp Sesame Oil

METHOD

1. On a flat baking dish place small cut pieces of the Potato, and the Sweet Potato. Sprinkle with the Olive oil and Salt. Roast till browned in a hot oven set to 200C for 10 minutes.
2. Grind the Broccoli up into rough grain sized pieces with the Onions.
3. In a large fry pan fry the Broccoli and Onion mix, with the MasterFoods™ Ginger, Garlic, and Onion Salt till the Broccoli goes soft. Add the baked vegetables and the Chives.
4. Stir through the Soy Sauce and Sesame oil. Serve in bowls with extra Sesame oil, Chives, and Sesame Seeds.

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