

# Fried Brown Rice

written by The Recipe Exchange | June 28, 2015

## **Ingredients**

2 cups brown rice  
5 cups water  
1 onions (large, chopped)  
1 red capsicum (diced)  
2 cloves garlic  
1/2 cup peas (and corn, frozen)  
1/2 tsp chillies (optional)  
3 tbsps soy sauce (light)  
2 tbsps ketchup (Manis, or hoisin or oyster sauce)  
cracked black pepper  
1 tbsp olive oil

## **Directions**

Cook rice as per instructions (we used a rice cooker). Once cooked, set aside.

In a wok or large frypan heat the oil and stir fry the onion. After a couple of minutes add the red capsicum and keep stir frying for a few more minutes. Now add the crushed garlic and chilli. Make sure the garlic doesn't burn. Add the peas and corn and keep stirring. Now add the rice with both sauces, season with pepper and keep stir frying. If a little dry, add some more sauce or a little water until moist. Serve as a side or on its own for a lunch.