

# IF YOU WASTE LESS FOOD YOU SAVE MORE MONEY

VG

## STIR FRIED RICE

BY CARLA RANICKI,  
TRANSITION BELSIZE, CAMDEN

**Preparation time**

10 minutes

**Serves**

2

**Per100g:**

Energy

966kJ/231kcal

Protein 4g

Carbohydrate 23.9g

Fat 13.3g

- vegetable oil
- 1 onion, chopped
- 2 cloves garlic, crushed
- 1 fresh chilli, chopped or chilli flakes
- 2 cups cooked rice
- any cooked vegetables such as red pepper, green beans, cabbage, mushrooms, spring onions
- 2 tablespoons soy sauce or tamari



1. Heat the oil in a frying pan or wok, add the onion and cook until softened.
2. Add the garlic and chilli and cook for a few minutes.
3. Add the rice and stir until coated and warmed through.
4. Add the cooked vegetables
5. When the vegetables are warmed through, add a couple of tablespoons of soy sauce, stir and serve.

*Top tip: Lots of cooked vegetables freeze well. They can be added straight from the freezer and make a great addition to this meal.*

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[wiseuptowaste.org.uk/foodwaste](http://wiseuptowaste.org.uk/foodwaste)