

Kimchi Fried Rice

Serves 2

Equipment Needed:

1 medium saucepan
Cutting board
Knife
Measuring cup and measuring spoons
Serving dish

To Make The Recipe:

1 tbsp olive oil
1/2 cup kimchi
1/2 tsp turmeric
1 cup cooked brown rice, preferably leftover
1 cups bok choy, kale or spinach, chopped
2 green onions, chopped
1/2 tsp tamari sauce or coconut aminos (or sea salt)
1 egg, lightly beaten
Black pepper to taste

Place the rice in medium frying pan over medium heat and stir it until it is heated and just starts to stick a bit to the bottom. Add the olive oil, bok choy and green onion and sauté for 1-2 minutes until the vegetables are soft. Add the tamari and turmeric and stir. Add the egg and stir to cook it. Once the egg is cooked, add the kimchi to lightly warm but not cook it. Remove from the pan into a serving dish and season with black pepper. Serve

To remove the egg that is stuck to the bottom of the pan: Add some water with baking soda and vinegar to the pot and boil for 5 minutes. This will make it easy to clean.