

Mushroom & Veggie Fried Rice

SERVINGS
4

PREP TIME
25 MIN

COOK TIME
15 MIN

TOTAL TIME
40 MIN

This savory fried rice features marinated mushrooms & your favorite veggies, all stir-fried with perfectly cooked rice for a satisfying and customizable meal that's plant based, too!



ORGANIZING
a Plant Based Life.com

Ingredients

Directions

This recipe works with any sturdy mushroom. It shines with specialty mushrooms like King Trumpet or Lions Mane (with that great hint of seafood flavor), but Portobello or even Button mushrooms will do.

1

•1 Cup Jasmine Rice (or preferred rice)

PREPARE RICE - DAY BEFORE IF POSSIBLE

■ Cook the rice according to package instructions. For best results, cook the rice 1 day ahead of time and let it cool completely in the refrigerator. This drying-out process helps the rice fry up beautifully without becoming mushy.

2

•4 tbsp Reduced Sodium Soy Sauce
•2 tbsp Rice Vinegar
•1 tsp Olive Oil
•Dash Black Pepper
•2 King Trumpet Mushrooms (or preferred mushrooms equaling about 1.5-2lbs)

PREPARE MARINADE & MUSHROOMS

■ Combine all marinade ingredients in small bowl and whisk together.
■ Gently remove any debris from mushroom with damp cloth.
■ Cut mushrooms into bite sized pieces and place in large bowl.
■ Add marinade and mix well to coat all pieces. Set aside.

3

•1 tbsp Olive Oil
•1 Small Onion
•Handful Baby Carrots
•Handful Fresh Broccoli

PREPARE & COOK VEGGIES

■ Heat olive oil in a large wok or skillet over medium-high heat.
■ Dice onion and carrots into small pieces and add to skillet. Cook for about 3 minutes, stirring often (keep eye to make sure that flame is not too high).
■ While the carrots and onions cook, dice broccoli into small pieces. Add the broccoli to the skillet and cook for an additional 2 minutes, stirring frequently.
■ Remove from skillet and set aside.

4

•3 tbsp Reduced Sodium Soy
•2 tbsp Miso (or Vegan Oyster Sauce, if preferred)
•1 tbsp Minced Garlic

■ Add marinated mushrooms to hot skillet and cook until liquid has been absorbed and mushrooms begin to brown on the edges.
■ Add soy, miso, garlic, and cold, cooked rice, mix well.
■ Spread the rice in a single layer in the pan and cook, undisturbed, for 1 minute to allow it to brown slightly. Then, stir-fry the rice for another minute or two, breaking up any clumps.

5

•1 Cup Frozen Petite Peas (standard peas also work)
•Garnish: Green Onions

■ Once rice is "fried" to your preference, add veggies and peas. Mix well and heat through.
■ **TO SERVE:** Add more soy to taste and garnish with diced green onions.