

Veggie Fried Rice with Mushrooms

SERVINGS
4

PREP TIME
25 MIN

COOK TIME
15 MIN

TOTAL TIME
40 MIN

This savory fried rice brings together marinated mushrooms and your favorite veggies, all tossed with perfectly cooked rice for a satisfying, customizable, plant based meal.

ORGANIZING
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Ingredients

Directions

This recipe works with any sturdy mushroom. It really shines with specialty varieties like King Trumpet or Lions Mane, but Portobello or even Button mushrooms work well, too.

1

- 1 Cup Jasmine Rice (or preferred rice)

PREPARE RICE - DAY BEFORE IF POSSIBLE

- Cook rice according to package. For best results, cook it 1 day ahead & chill completely in the refrigerator. This helps the rice fry without getting mushy.

2

- 4 tbsp Reduced Sodium Soy Sauce
- 2 tbsp Rice Vinegar
- 1 tsp Olive (or Sesame) Oil
- Dash Black Pepper
- 16 oz Mushrooms (King Trumpet, Lions Mane, or preferred variety)

PREPARE MARINADE & MUSHROOMS

- Whisk all marinade ingredients together in a small bowl.
- Gently wipe mushrooms with a damp cloth to remove any debris.
- Cut mushrooms into bite sized pieces and place in a large bowl.
- Pour the marinade over the mushrooms and toss to coat. Set aside.

3

- 1 tbsp Olive (or Sesame) Oil
- 1 Small Onion
- Handful Baby Carrots
- Handful Fresh Broccoli
- Optional: Shredded Green Cabbage

PREPARE & COOK VEGGIES

- Heat oil in a large wok or skillet over medium-high heat.
- Dice onion and carrots and add to the skillet. Sauté until just crisp tender.
- Dice the broccoli, add it to the skillet, and cook for another minute or two, stirring in thinly sliced cabbage, if using.
- 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

COOK MUSHROOMS & FRY RICE

- Add the marinated mushrooms to the hot skillet and cook until edges begin to brown. Drain any excess liquid if needed.
- Add the soy sauce, miso, garlic, and cold cooked rice. Mix well.
- Spread the rice in a single layer and cook, undisturbed, for 1 minute to brown slightly. Stir fry for another minute or two, breaking up any clumps.

5

- 1 Cup Frozen Petite Peas or Edamame
- Garnish: Green Onions

- Once the rice is fried to your liking, add the cooked veggies and peas. Mix well and heat through.
- Taste and add more soy sauce if desired.
- Garnish with diced green onions and serve.