

GAI LAN FRIED RICE

CREDIT: THE STOP COMMUNITY FOOD CENTRE

INGREDIENTS

½ lb gai lan	4 oz shitake mushrooms, stems trimmed and sliced 1/4" thick	2 garlic cloves, minced
2 tbsp soy sauce	1 tsp salt	4 cups cooked brown rice*
1 ½ tsp packed brown sugar	½ onion, finely chopped	2 eggs, lightly beaten
1 tsp hot sauce (or more to taste)		2 green onions, minced
3 tbsp vegetable oil		*Leftover rice is perfect

DIRECTIONS

Cut gai lan leaves from stems. Cut stems crosswise into ¼" pieces. Cut leaves crosswise into 1" wide pieces. Set aside separately. Mix soy sauce, brown sugar and hot sauce in a small bowl until sugar dissolves. Set aside.

Heat 1 tbsp of oil in a large frying pan or wok over med-high heat. Add mushrooms, ½ tsp of salt and cook, stirring rarely, until browned around the edges (3 minutes). Transfer to a bowl.

Heat the remaining 2 tbsp of oil in the same pan over med. heat. Add reserved gai lan stems, onion, garlic and remaining ½ tsp of salt. Cook until onions have softened (5 minutes).

Add gai lan leaves, rice and mushrooms and cook, stirring occasionally until the leaves just start to wilt and the mixture is heated through (4 minutes). Add the reserved soy sauce mixture and stir to combine.

Push rice mixture to one side of the pan, add eggs, and cook, stirring occasionally with a spatula, until almost set (about 2 minutes). Remove pan from heat, sprinkle with scallions, and toss to combine. Serve immediately.

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