



Rainbow Fried Rice

Add whatever vegetables you have around.

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This takeout classic is an easy and adaptable one-pan dish. Green peas are high in fiber and have a high concentration of the phytonutrients lutein and zeaxanthin, which help promote eye health. They are also a powerhouse of vitamins and minerals, especially vitamins K and B, which help support healthy immune function. And of course, you can add any other vegetables you have lying around.

Servings: 4 / Ingredients: 16 / Prep: 25 minutes

Ingredients

- 2 tablespoons low-sodium soy sauce or oyster sauce
- 1 teaspoon rice vinegar
- 1 teaspoon sesame oil
- 1 tablespoon canola or vegetable oil
- 1 large carrot, $\frac{1}{4}$ -inch diced
- 1 small onion, $\frac{1}{2}$ -inch diced
- 8 ounces extra-firm tofu, drained, $\frac{1}{2}$ -inch diced
- 3 eggs, whisked
- 4 cups cooked brown rice (day-old recommended)
- 3 garlic cloves, peeled, minced
- 1 1-inch piece of fresh gingerroot, minced or finely grated
- 4 green onions, thinly sliced
- 1 cup frozen peas, thawed
- 1 cup toasted and unsalted cashews, coarsely chopped
- 1 tablespoon fresh mint, roughly chopped

1 tablespoon fresh basil, roughly chopped

Directions

1. Mix together the soy sauce, vinegar and sesame oil in a small bowl and set aside.
2. Add canola oil to a large pan or well-seasoned wok over medium-high heat. When the oil is rippling, add carrot and onion and cook until tender, about 4 minutes.
3. Add tofu and cook until golden, about 3 minutes. Pour in whisked eggs from sides and let cook undisturbed for a few seconds before mixing up with cooked vegetables. Add rice, garlic, ginger, green onion, peas, cashews and soy sauce mixture, and cook for 1 to 2 minutes to heat through.
4. Serve immediately and top with fresh mint and basil.

Chef Tips

Use day-old rice (or other grain, like quinoa) to make this dish. Not only will you save time, but rice that's a little dried out will absorb the sauce and flavors better. You can easily substitute two tablespoons of chopped cilantro for the mint and basil in this recipe.

Nutrition Facts (per serving)

Calories: 632; fat: 30 g; saturated fat: 5 g; polyunsaturated fat: 8 g; monounsaturated fat: 30 g; carbohydrates: 69 g; sugar: 5 g; fiber: 9 g; protein: 27 g; sodium: 355 mg

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