



Beef & Egg Fried Rice

BEEF & EGG FRIED RICE

Ingredients

- ½ lb (250 g) **Fast-fry (thin-cut) beef Inside Round Steak**
- Pinch of salt and pepper
- 1 tsp canola oil
- 1 small onion, diced
- 2 cups grated cauliflower
- 2 tbsp soy sauce
- ¼ tsp sesame oil
- 4 eggs, beaten
- 1 ½ cups frozen peas and carrots, thawed
- 2 cups cooked long grain rice
- ⅓ cup chopped green onions

Cooking Directions

- **Season** beef with salt and pepper. In a large nonstick skillet, heat canola oil over medium-high heat. Cook beef for 2 minutes per side. Let rest for 5 minutes. Cut into bite-sized pieces and set aside.
- **Add** onion to the skillet and cook for one minute. Stir in grated cauliflower, soy sauce and sesame oil. Cook for 2 minutes. Push vegetables to one side of the skillet.
- **Add** beaten eggs to the cleared side of the skillet. As mixture begins to set, gently move spatula through the eggs as they begin to form marble-sized, soft curds. Cook for about 3 minutes until eggs are cooked, with no visible liquid remaining. Combine eggs with ingredients in the pan and add thawed peas and carrots, cooked beef and rice. Heat through. Sprinkle with green onion and serve.



Shopping List

- 1/2 lb (250 g) fast-fry (thin-cut) beef
Inside Round Steak
- Vegetable oil
- 1 small cooking onion
- 1 small head cauliflower
- Soy sauce
- Sesame oil
- 4 eggs
- 1 ½ cups frozen peas and carrots mix
- approx 1 cup long grain rice
- Fresh green onions

All online lessons are led by nutrition and food skills educator, Andrea Villneff BASc, PHEc, Chef.

Cook along with us:, just click!

 **YouTube**
/LoveCDNbeef

