



15-Minute Butter Fried Rice

Makes: 4 servings

Prep Time: 5 minutes Cook Time: 10 minutes

Total Time: 15 minutes

1/3 cup tamari or low sodium soy sauce

1 tsp honey

Chili flakes, to taste

4 tbsp salted butter

1 1/2 cups roughly chopped broccoli

2 large eggs, beaten

4-5 cups steamed rice

3 green onions, thinly sliced

In a small bowl, combine the tamari and honey, and season to taste with chili flakes.

Melt 1 tablespoon butter in a large skillet over medium heat. Add the eggs and let cook until the edges start to set, 1-2 minutes. Gently scramble the eggs. Add the rice, broccoli, and remaining butter. Toss the rice in with the butter and cook until the butter coats the rice. Pour in the sauce, cook until the rice is crisping, 4 to 5 minutes. Stir in the green onions and remove from the heat.

Serve warm, topped with green onions and chili flakes.

Chef's Note:

To add chicken to the rice, I recommend cooking cubed chicken breasts or skinless thighs with a couple tablespoons of olive oil, 1-2 cloves garlic, a splash of tamari, and a pinch of black pepper. Then stir the cooked chicken into the rice with the green onions.

Recipe from Half Baked Harvest