Simple Fried Rice (ME) *from Urban Sacred Garden*

I recently traveled to Bali and have been on an Asian food kick ever since. Bali is one of many islands in Indonesia and, while it does have some original foods, most tend to be based on Chinese and Indian foods that came over to the island with the local people. Fried Rice is called "Nasi Goreng" is Bali and can be found everywhere. This is a simple, paired back version of Nasi Goreng with no Tofu, Tempeh or Meat, but you can add any protein of choice. If adding any of these proteins be sure to cook it separately (similar to the egg in the recipe below) and set it aside, adding it back in towards the end of cooking. Yield: 2 Servings, multiply as needed

"ME" indicates a healthier Mindful Eating option.

INGREDIENTS
2 1/2 Tbsp Coconut Oil
1 Egg, Beaten with salt and pepper
1/4 Cup Daikon Radish or Turnip, diced (bite size)
1/4 Cup Carrots, diced (bite size)
1/2 Cup Broccoli, coarsely chopped
2 Cups Cooked Rice (Rice is best if it is leftover from the day before and has been chilled overnight)
2 Tbsp Tamari Sauce
1 Tbsp Miso Paste or Fish Sauce*
1 Tbsp Brown Rice Vinegar
1 Cup Spinach, roughly torn
Fresh Cilantro, chopped to garnish (optional)

*If using Miso, combine Tamari, Miso and Vinegar in a small dish and then add to pan.

DIRECTIONS
1. Heat 1/2 tablespoon of Oil in a frying pan or wok. Heat oil to a medium heat and add Eggs, cook until just set and a little soft. Remove Eggs and set aside on a plate.
2. Add remaining oil to pan. Add Daikon Radish, Carrots and Broccoli and continue to cook. As vegetables just begin to become tender, but are still firm, add Rice.
3. Add Eggs, Soy Sauce, Miso and Rice Vinegar and continue to cook on medium high heat until the Rice begins to brown and you get some crispy bits scraped from the pan. Add Spinach during last minute of cooking. Continue to stir throughout cooking and ensure nothing is sticking to the pan.
4. Once the Rice is browned to your liking, remove from the heat and serve hot. Top with Cilantro to garnish if desired. Enjoy!