

InstantPot Vegetable Fried Rice

| | |
|-------------------|---|
| Course | Dinner , Kids , Main Course |
| Cuisine | Modern |
| Difficulty | Easy |
| Browse Category | Rice & Pastas , Vegan & Vegetarian |
| Duration | 15-30 min |
| Cooking Technique | Sauté |
| Main Ingredient | Carrot , Eggs , White Rice fried rice , instant pot fried rice , instant pot rice , vegetable fried rice |
| Keyword | rice , vegetable fried rice |
| Prep Time | 10 minutes |
| Cook Time | 10 minutes |
| Servings | 4 servings |

INGREDIENTS

- 2 tablespoons olive oil
- 1/2 medium white onion peeled and chopped
- 1/2 medium carrot diced
- 2 large eggs lightly beaten
- 2 cups cooked white rice
- 1 cup frozen peas
- 2 tablespoons soy sauce



INSTRUCTIONS

1. Press Sauté button on Instant Pot®. Add the oil and allow it to heat up.
2. Add onion and carrot to Instant Pot®. Cook until vegetables are soft, 5 minutes. Stir occasionally.
3. Move vegetables to side of pot and pour beaten eggs into empty spot in the Instant Pot®. Scramble eggs in the pot 3 minutes.
4. Pour in rice and peas. Stir and then cook an additional 2 minutes.
5. Mix in the soy sauce and turn Instant Pot® off.
6. Serve immediately.

RECIPE NOTES

PER SERVING CALORIES: 250 | FAT: 10g | PROTEIN: 8g | SODIUM: 561mg FIBER: 3g | CARBOHYDRATES: 33g | SUGAR: 3g