

# Stir-Fried Rice



**Sunny Fresh.**  
EGGS MADE EASY



**SERVES: 50 | PRECOOKED SCRAMBLED EGGS**

## Ingredients:

- 3¼ lb. Parboiled long grain brown rice
- 2 t Salt
- 1 ⅓ cups Light soy sauce, reduced sodium
- 2 ½ quarts Water
- ¼ cup Oil
- **3 cups Sunny Fresh® Precooked Scrambled Eggs, thawed**
- 3 cups Onions, frozen diced
- 2¼ lbs. Pea and carrot mix, frozen

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## Preparation:

**Rice:** In a 12" x 20" x 4" pan that has been sprayed with food release spray, add rice and salt. Pour water and soy sauce over rice mixture. Cover the pans with a lid or aluminum foil.

*Steamer or Combi-Oven: Steam for approximately 45 min. or until rice is tender and fluff with a fork.*

*Convection Oven: Bake at 350°F for approximately 45-50 min. or until rice is tender and fluff with a fork.*

**Remaining ingredients:** Heat the oil in a braising pan, steam-jacketed kettle, or stockpot then add the onions. Sauté the onions for 3-5 min. Add the eggs to the onions. Cook over medium heat, stirring frequently and breaking down the eggs to bite size pieces. Cook for 4 min. longer. Add the peas and carrots. Cook for 3 more min. Set aside until rice is finished cooking.

## Assembly:

When rice is finished cooking, mix together the egg mix and rice. Serve the Fried Rice immediately or cover the with a lid, plastic wrap, or aluminum foil and place them in the warmer until ready for service.