

# Stir-Fried Rice



**SERVES: 50 | PRECOOKED SCRAMBLED EGGS**

## **INGREDIENTS:**

3¼ lb. parboiled long grain brown rice

2 t salt

1 ⅓ c light soy sauce, reduced sodium

2 ½ quarts water

¼ c oil

**3 c Sunny Fresh® Precooked Scrambled Eggs, thawed**

3 c onions, frozen diced

2¼ lbs. pea and carrot mix, frozen

**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 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.