

Fried Rice with red onion, green pepper and egg.

Makes 4 servings

8 Tablespoons	Extra virgin olive oil
2 cups	Red onion, chopped (1 medium onion)
4 cups	Frozen peppers, defrosted
4 large	Eggs
	Salt and pepper
4 cups	Cooked brown rice

1. Heat the olive oil on medium. Stir in the onions and pepper and reduce the heat to medium-low. Cook the vegetables for 10-15 minutes. Season with salt and pepper.
2. Use a fork to move the vegetables to the side of the pan (leave some oil on the pan).
3. Scramble the eggs in a bowl and pour into the pan with the cooked vegetables. Heat the egg until it starts to set (3-5 minutes) then scramble the egg into the vegetables to cook it thoroughly.
4. Stir in the cooked rice and heat through.