

30 minutes

Serves 2-4 each

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Ingredients:

Mediterranean fried rice:

- 3 Tbsp (45ml) olive oil
- 2 shallots or 1 red onion, sliced
- 2 cloves garlic, sliced
- 4 anchovy fillets, chopped
- 6 sundried tomatoes, chopped
- 1 packet (200g) each pitted calamata olives and green olives
- 3 cups (750ml) cooked wild and brown rice mix
- Grated peel of 1 lemon
- Fresh dill and basil, for garnishing

Spicy fried basmati rice:

- 2 Tbsp (30ml) canola oil
- 2 onions, finely chopped
- 2 cloves garlic, finely chopped
- 1 Tbsp (15ml) mild curry powder
- 1-2 each curry leaf and bay leaf
- 2 cardamom pods
- 1 tsp (5ml) each cumin seeds, black mustard seeds and turmeric
- 4 cups (1L) cooked brown basmati rice
- 1 lemon wedge
- Handful chopped fresh coriander
- Fried eggs, for serving
- Crispy fried onions, for garnishing

Method

Mediterranean fried rice:

1. Heat olive oil in a large nonstick pan over medium-high heat.
2. Fry shallot or red onion for 4-5 minutes until softened.
3. Add garlic, anchovy and sundried tomatoes, and fry for 1 minute.
4. Tip in olives and fry for 1-2 minutes until garlic is golden and olives have blistered.
5. Add rice mix and fry for 6-8 minutes until crisp and golden, shaking pan to move rice. (If you don't have a large pan, fry in two batches to avoid steaming and ensure a crisp result.)
6. Season well and add grated lemon peel.
7. Serve rice topped with dill and basil.

Spicy fried basmati rice:

1. Heat oil in a pan over medium heat.
2. Sauté onion for about 8 minutes until softened.
3. Add garlic, curry powder, curry leaf and bay leaf and cook for 1 minute.
4. Stir in remaining spices and cook until fragrant.
5. Add rice, increasing heat slightly.
6. Fry for 3-4 minutes, shaking pan to toss rice and brown all over. (Stirring can break rice grains, creating a starchy mush.)
7. Season and add a squeeze of lemon juice to taste.
8. Add coriander and toss to combine.
9. Serve rice topped fried egg and crispy onions.

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