

# Fried Rice

by Anand Lila devi dasi



"Krishna is very kind.  
Therefore, He has given us  
his remnants of food stuff"

## Ingredients

|   |         |
|---|---------|
| Basmati rice.....                             | 2 C     |
| Water.....                                    | 4 C     |
| Paneer, cut into 2 cm cubes.....              | 250 g   |
| Oil for deep frying                           |         |
| Oil.....                                      | 3 Tbsp  |
| Ginger, grated.....                           | 2 Tbsp  |
| Dry red chili flakes.....                     | 1 Tsp   |
| Asafetida powder.....                         | 1 Tsp   |
| Carrots, cut into 2 cm cubes.....             | 2       |
| Large bell pepper, cut into 2.5 cm cubes..... | 1       |
| Water chestnuts, chopped.....                 | 10-12   |
| Soy sauce.....                                | 1½ Tbsp |
| Salt.....                                     | 2 Tsp   |
| Ground black pepper.....                      | ½ Tsp   |

## Preparation :

- 1) Combine the rice and water in a saucepan, bring it to a boil, then immediately reduce the heat to low, cover with a tight fitting lid, without stirring, cook it over low flame until rice is tender. Remove from heat.
- 2) Heat oil in a frying pan over moderate heat. Deep fry the paneer cubes until dark brown in color. Drain on paper towels.
- 3) Heat 3 Tbsp of oil in a wok or pan over high heat. Add ginger, chili flakes and asafetida and sauté for a moment. Quickly add all the vegetables and stir-fry until they are tender-crisp. Add the soy sauce, salt, black pepper and the fried paneer cubes. Toss well to coat the vegetables with the spices. Gently fold in the rice and combine well. Serve hot.

Serves: Five-Six

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