

Fried rice with vegetables

- Serves 4 people -

INGREDIENTS:

3 Cups cooked rice	100g Red kidney beans
3-4 Cloves of garlic	1/2 Bell pepper
1 Onion	1 tbsp Cooking oil
1/2 Can whole sweet corn	1/2 tsp Ground coriander
1 Carrot	1/2 tsp Salt
100g Green beans	

METHOD:

- STEP 1** Chop the garlic, onion, carrot and green beans into small pieces or cubes.
- STEP 2** Fry the rice and put aside. Heat the oil in a frying pan and add the garlic, onion, carrot and green beans.
- STEP 3** Add the kidney beans, sweet corn, bell pepper, salt and pepper.
- STEP 4** Mix all with the fried rice.

