



## Ingredients

2 cups small grained basmati rice  
1 medium sized carrot  
6 medium sized beans  
1 large capsicum  
8-10 spring onions  
1 egg  
1 tbsp soya sauce  
1-2 tsp green chilli sauce  
1/2 tsp white pepper powder  
1 tbsp oil  
Salt to taste

## Nutrients

Approx. calories per serving: 188 kcal

## Procedure

Finely chop all the vegetables listed in the ingredient list. Cook the rice with 3 & 1/2 cups of water in a 20 cm Tall unit following the instructions in the "Everyday Cooking" section. Cool the rice by spreading it on a flat plate. Preheat a 24 cm Regular unit on medium heat until the Thermo Indicator reaches just before the 20 degree mark.

Add a tsp of oil and add the beaten egg seasoned with salt. Stir the egg to make a scrambled egg. Remove the egg and add 2 tsp of oil followed by the chopped spring onions and the vegetables. Add the rice, scrambled egg and stir until all the ingredients mix well. Garnish with the chopped stalks of spring onions. Serve hot.