

Sofia Hoffman
Project Green Challenge

Sesame Ginger Veggie Fried Rice with Pickled Radish

Ingredients

- 1 cup brown rice
- 2 cup water
- ¼ cup zucchini
- ¼ cup broccoli
- 1 egg
- peppers (as needed)
- lime (as needed)
- 2 garlic cloves
- 18-20 radishes
- ½ cup apple cider vinegar
- 1 tablespoon sugar
- ½ tablespoon sesame oil
- ½ tablespoon minced ginger
- ½ tablespoon soy sauce
- garlic powder, paprika, salt, coriander

Instructions

Pickled Radish

Thinly slice radishes about ¼ inch thick. Boil 1 cup of water and pour into storage container. Add coriander sugar and apple cider vinegar. Place radishes in container and let them sit for at least 24 hours before serving. Make sure to store in fridge.

Sesame Ginger Fried Rice

Prepare rice by sauteeing 1 minced garlic clove with oil. Add rice until it becomes a light brown color. Add water to rice and let it simmer for twenty minutes. While rice is cooking sautee veggies in ginger, soy sauce, and sesame oil. Cook until soft and add garlic powder, paprika, and salt during the process. I used leftover rice so I added rice to veggies, but at this point you would add the fresh rice. Add it to a bowl top with sesame seeds and your pickled radishes.

Only items that were purchased and were not from the garden were: brown rice, lime, sugar, sesame oil, ginger, soy sauce, and spices. All organically sourced. All vegetables came from my garden. Pickled radishes are made weekly if we have them and last a long time only three sliced radishes were used in this serving. Apple cider vinegar was made at home, similar to the radishes we make and use when needed. It wasn't too hard to stay on budget. The rice was leftover from last night and averages at about \$2 per serving. All the veggies were grown at home and seed packets were only 5 cents from a small farm nearby. We also have 12 chickens so all eggs are straight from the backyard. Given how expensive meat products are, I decided to avoid them since this dish already uses one egg as a source of protein. When looking at FLOSN, I realized that when it is not summer we do buy a lot of produce that is not in season or is flown in. It is easy to forget that the veggies at the grocery store are not local. Though we have transitioned to buying most products from a local farm, Lilac Hedge, which does deliveries we're still buying apples, kiwis, and grapes year long. However, nothing is better than a fresh meal. Using local ingredients truly makes a difference in taste and quality. This meal in itself was using leftovers. My family is very big on avoiding food waste. Leftover veggie scraps are given to the chickens or composted and everything will be eaten the next day.



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