



Fried rice with broccoli



Categoria
Vegetariano



Tempo de preparação
Rápido



Dificuldade
Médio



Custo
Low



Com quem?
With family



Nº de pessoas
4 pessoas

Ingredientes



50ml of Victor Guedes
Olive Oil

- 240g of long grain rice
- 200g of frozen broccoli
- 1 vegetable stock cube
- Garlic cloves, to taste

Modo de preparação

1

Start by heating the vegetable stock and, when it starts boiling, add the rice and let it cook (approximately 12 minutes).

2

Heat the olive oil and then add the sliced garlic cloves to fry.

3

Add the broccoli chopped in small pieces and sauté them.

4

Add the rice and sauté everything together until the broccoli is dismantled.

Produtos utilizados



Olive Oil
Olive Oil



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