



Spicy Kale and Coconut Fried Rice

Recipe courtesy of UConn Dining Services | dining.uconn.edu/recipes

Makes 4 servings

2 tablespoons olive oil
2 eggs, beaten
2 cloves garlic, finely chopped
¾ cup green onions, chopped
½ cup shredded carrots
½ cup julienne red bell pepper
1 bunch lacinato kale, ribs removed and leaves chopped
¼ teaspoon kosher salt
¾ cup unsweetened coconut flakes, toasted
2 cups cooked and chilled brown rice
2 teaspoons soy sauce
2 teaspoons chili garlic sauce
1 lime halved
2 tablespoons chopped cilantro
Salt and pepper-to taste

Heat wok or fry pan over medium-high heat.

Add 1 teaspoon oil to coat bottom of a pan and pour in eggs, stirring frequently until eggs are lightly scrambled. Transfer eggs to separate bowl and wipe out wok.

Place wok back on heat and add 1 tablespoon oil to wok.

Add garlic, green onions, carrots, and red peppers, cooking until tender about one minute.

Add kale and sprinkle with salt, cooking until kale slightly wilts, then transfer vegetables to bowl with eggs.

Place wok on heat, add another 2 teaspoons oil, add rice and cook for about 1 minute. Then add toasted coconut and cook another minute.

Pour the egg and vegetables back into wok with rice and cook until warmed.

Then add soy sauce, chili garlic, and juice from half of lime.

Stir to combine and season to taste with salt and pepper.

Divide into plates and serve with a wedge of lime and sprinkle of cilantro.