

Thai Fried Rice

5 Tbsp of olive oil
1 medium sized onion
3 cloves garlic
1 Tbsp curry paste (red or green)
2 - 3 cups cooked organic brown basmati rice
2 Tbsp fish sauce
1 cup diced celery, shallots, red, orange and yellow pepper
Garnish with fresh coriander leaves, basil and chili peppers if desired.

Stir fry onions and garlic in oil until golden. Add diced vegetables, curry paste and fish sauce. Cook covered until vegetables are tender. Stir in rice until well mixed and serve with garnish. This recipe can be reheated in a toaster oven and is quite appropriate to have during a cleansing program!