Fried Brown Rice & Kale

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The Basics

RECIPE BY:	Bon Appetit, Chris Morocco
DURATION:	Overnight refrigeration + 30 minutes

Turmeric, Kale, Egg Magic
Recipe from Bon Appetit

This recipe got me through 2020. It's healthy, filling, and easy to make on a weeknight after a long day.

The best fried rice is made with leftover rice. Ideally, chill it uncovered overnight, which lets it dry out a bit, leading to maximum crispiness.

Ingredients
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2 SERVINGS

4

scallions

2

tablespoons virgin coconut oil, divided

1

cup cooled cooked brown rice

1

small bunch Tuscan kale, ribs and stems removed, leaves torn
Kosher salt

2

garlic cloves, thinly sliced

1

tablespoon finely chopped peeled ginger

1

teaspoon ground turmeric

3

large eggs

1

tablespoon fresh lime juice

Lime wedges (for serving)

Preparation

Step 1

Remove dark green parts from scallions, thinly slice, and set aside. Thinly slice white and pale green parts and set aside separately. Heat 1 Tbsp. oil in a large nonstick skillet over medium. Add rice, breaking up any lumps, and pat down into an even layer. Cook, undisturbed, until beginning to crisp, about 2 minutes. Toss and continue to cook, adding kale by handfuls and letting wilt slightly before adding more and tossing occasionally, until rice is heated through and all the kale is wilted, about 3 minutes. Season with salt and transfer to a plate.

Step 2

Heat remaining 1 Tbsp. oil in same skillet and cook garlic, ginger, and reserved white and pale green parts of scallions, stirring often, until softened and fragrant, about 2 minutes. Sprinkle turmeric over, then stir in eggs, using a pair of chopsticks or a heatproof rubber spatula to blend whites and yolks. Season with salt and cook, stirring gently, until eggs are barely set. Return rice and kale to skillet; toss to combine. Cook, tossing occasionally, until hot. Add lime juice and season with salt.

Step 3

Divide fried rice between plates and top with reserved scallion greens. Serve with lime wedges for squeezing over.