



This recipe is used by women and girls in the Thailand baking school who have learned cooking as a trade so they can escape the red-light district and provide for their families. Learn more at [worldhelp.net/freedom](http://worldhelp.net/freedom).

## INGREDIENTS

- 1 Egg
- 1 Tbsp Garlic, minced
- 2 Tbsp Vegetable Oil
- 1 cup Jasmine Rice, cooked and cooled
- 1/4 cup Green Onions, chopped
- 1/8 tsp Salt
- 1/4 tsp Stir-Fry Seasoning Mix
- 2 Tbsp Maggi Sauce

## Fried Rice

1. Heat wok or frying pan over medium heat and add oil. Once pan is hot, add garlic.
2. Stir fry garlic until aromatic (about 30 seconds). Then, add egg and scramble.
3. Once egg is almost finished cooking, add rice and stir fry together.
4. Add seasoning powder, salt, and Maggi sauce a little at a time until desired taste is achieved.
5. Stir fry well and serve topped with chopped green onions.

*Cooking Tip: Want to add some extra protein to your stir fry? Cook your favorite meat in the pan before adding the egg. You can also add pineapple and cashew nuts in Step 4 to add more flavor!*