

**Vegetarian Cooking: Stir-Fried Rice With Vege Roasted  
Duck (Vegetarian Cooking - Vege Poultry Book 30)  
[Kindle Edition] By Wancy Ganst**

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add the rice and cook according to the packet instructions or see the Fluffy rice recipe To cook your stir-fry Recipe Jamie Oliver

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Stir-fry mushrooms and garlic in oil 5 minutes and cook 2 to 3 minutes more, or until rice is coated with sauce and vegetables are VEGETARIAN RECIPES.

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Feb 22, 2010 Add rice to center of wok, then stir in I make a lot of fried rice recipes,

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### **Peppered cauliflower rice with vegetable stir fry**

For the Stir Fry: Heat the oil, and once warm cook onions until soft and translucent. Add the peppers, Serve the stir fried vegetables over the rice and enjoy!

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