



Did you know
Leftovers make up **63%** or
286,000 tonnes of the food
we waste each year in Canada?

Consider leftovers as an asset, not a problem! Plan for them and integrate them into your meal planning. You can reheat them for a second meal, repurpose them to create a new dish or intentionally prepare a double batch to freeze for another day.



TIP

More tips at: lovefoodhatewaste.ca

Quick & Easy Leftover Inspired Fried Rice

Repurpose leftover rice, veggies and proteins with this adaptable recipe.



Serves: 2 PIZZA

COOK TIME: 20 min

INGREDIENTS

2 Tbsp oil, divided
2 eggs, lightly beaten
2 cups leftover cooked rice
1 cup leftover cooked meat
1 cup leftover cooked vegetables
2 tablespoons soy sauce
1 tablespoon oyster sauce
2 tsp sesame seed oil
Salt and pepper to taste
Green onions or sesame seeds

- 1** In large skillet or wok, heat 1 Tbsp oil.
- 2** Pour eggs into skillet, scramble and cook through, remove from pan and set aside.
- 3** Heat remaining oil in pan. Add rice. Stir to break up clumps and sauté to crisp the grains, 5 minutes.
- 4** Add in cooked meat and leftover vegetables, heat through, 3-5 minutes.
- 5** Stir in sesame oil, soy sauce and oyster sauce.
- 6** Return scrambled eggs to pan and heat through.
- 7** Taste and adjust seasoning.
- 8** Remove from heat and garnish with green onions and sesame seeds.

#EveryBiteCounts

