

Rainbow Vegetable Egg Fried Rice (Low FODMAP)

Vibrant veggie-packed fried rice ready in 30 minutes. A gut-friendly takeout favorite that's fresher, healthier, and easier on your digestive system.

Prep: 15 min

Cook: 15 min

Total: 30 min

Servings: 4

Low FODMAP ✓

Ingredients

3 tablespoons (45ml) sunflower oil

2 large (about 100g), beaten free-range eggs

2 stalks, sliced on an angle (about 30g green parts) spring onions (green tops only)

½ medium pepper (75g), deseeded and thinly sliced green bell pepper

½ medium pepper (75g), deseeded and thinly sliced red bell pepper

½ medium pepper (75g), deseeded and thinly sliced yellow bell pepper

½ medium pepper (75g), deseeded and thinly sliced orange bell pepper

1 medium (75g), peeled and julienned or coarsely grated carrot

100g, trimmed and cut into 1cm pieces green beans

100g, roughly chopped oyster mushrooms

60g (about ⅓ cup), defrosted frozen peas

500g (about 3 cups), day-old and refrigerated cooked white rice

2-3 tablespoons (30-45ml), to taste tamari or gluten-free soy sauce

to taste salt

freshly ground, to taste black pepper

Instructions

Step 1: Prepare the egg ribbons

(2 min)

Heat a large wok or wide skillet over high heat until it begins to smoke slightly. Add the sunflower oil and swirl to coat the surface. Pour in the beaten eggs and immediately start swirling them around the wok with a wooden spoon or ladle, breaking them into ribbons as they set. This should take about 30-45 seconds. The eggs should be just cooked through but still soft and golden.

Step 2: Stir-fry the aromatics and peppers

(2 min)

Add the sliced spring onion greens and all four colors of bell peppers to the wok. Stir-fry vigorously for about 1 minute, keeping everything moving constantly. The peppers should start to soften slightly at the edges while maintaining their crisp texture and bright colors. The high heat will create slight charring that adds depth of flavor.

Step 3: Add remaining vegetables

(3 min)

Toss in the shredded carrot, green beans, chopped oyster mushrooms, and defrosted peas. Season with a generous pinch of salt and several grinds of black pepper. Continue stir-frying for 2-3 minutes, tossing frequently, until the vegetables are tender-crisp. The mushrooms should release some moisture and become golden, while the carrots soften but still have a slight bite.

Step 4: Incorporate the rice

(5 min)

Break up any clumps in the cold rice with your hands before adding it to the wok. Add the rice and use your spatula to break up any remaining chunks, tossing and stirring constantly to combine with the vegetables and eggs. Stir-fry for 3-4 minutes until every grain is heated through and the rice begins to take on a slightly toasted appearance. You should hear a gentle sizzle as the rice hits the hot wok.

Step 5: Season and serve

(2 min)

Drizzle the tamari or gluten-free soy sauce evenly over the rice, then toss everything together for another minute to distribute the seasoning throughout. Taste and adjust the seasoning with additional tamari, salt, or pepper as needed. The rice should be fragrant, with each grain separate and lightly coated in sauce. Serve immediately while piping hot, garnished with extra spring onion greens if desired.