

Olive Fried Rice Recipe

This recipe puts a deliciously savoury and umami-rich twist on classic fried rice. The star ingredient is **Preserved Olive Vegetable** (often labeled "Olive Vegetable" in jars). It is a Cantonese condiment made from pickled mustard greens and olives, giving the rice a unique, salty, and slightly tangy flavour that pairs perfectly with the simplicity of egg and vegetables. This dish comes together in minutes and is perfect for a quick and satisfying meal.



Sample Recipe

	Recipe serves	Prepared for
	4	4

Ingredient	Amount		Scaled amount	
Cooked Rice (Preferably day-old or leftover)	650	g	650	g
Preserved Olive Vegetables (Tbsp)	4	----	4	----
Eggs (lightly beaten)	3	----	3	----
Diced Carrots (cup)	1/2	----	1/2	----
Shredded Lettuce (cup)	2	----	2	----
Oil (Tbsp)	4	----	4	----
Pepper (a dash)	1	----	1	----
Salt (add to taste, ~ 1 tsp)	1	----	1	----
Mushroom Floss (as desired)	1	----	1	----

Shopping List

Ingredients	Have it	Quantity
Cooked Rice (Preferably day-old or leftover)	<input type="checkbox"/>	
Preserved Olive Vegetables (Tbsp)	<input type="checkbox"/>	
Eggs (lightly beaten)	<input type="checkbox"/>	
Diced Carrots (cup)	<input type="checkbox"/>	
Shredded Lettuce (cup)	<input type="checkbox"/>	
Oil (Tbsp)	<input type="checkbox"/>	
Pepper (a dash)	<input type="checkbox"/>	
Salt (add to taste, ~ 1 tsp)	<input type="checkbox"/>	
Mushroom Floss (as desired)	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	

Sample Instructions

Step 1: Prepare the Ingredients

1. If using freshly cooked rice, spread it out on a tray to cool and allow some steam to escape. This prevents clumping. Day-old, refrigerated rice is ideal.
2. Finely dice the carrot. Shred or chop the lettuce. Lightly beat the eggs in a small bowl.

Step 2: Scramble the Eggs

1. Heat your wok or a large frying pan over medium-high heat. Add 2 tablespoons of oil and swirl to coat.
2. Pour in the beaten eggs. Let them set for a few seconds, then quickly scramble them with your spatula until they are just cooked but still soft and fluffy. Do not overcook.

Step 3: Aromatics and Vegetables

1. Add the remaining 2 tablespoons of oil.
2. Add the preserved olive vegetable and the diced carrot. Stir-fry for about 1 minute, allowing the fragrant, savoury aroma of the olives to release.

Step 4: Fry the Rice

1. Add the cooked rice to the wok. Use your spatula to break up any large clumps.
2. Stir-fry continuously, tossing the rice to coat it evenly with the oil and olive vegetable. Cook for 2-3 minutes, allowing the rice to heat through and get slightly charred or "wok hei" if possible.

Step 5: Combine and Season

1. Add shredded lettuce.
2. Add a dash of pepper.
3. Add salt (~ 1 tsp, or to taste).

Step 6 : Final Toss and Serve

1. Continue to stir-fry for another 1-2 minutes, just until the lettuce has slightly wilted but still retains some crunch, and everything is well combined.
2. Taste and adjust seasoning if needed (remember the preserved olive vegetable is already quite salty).
3. Garnish with Mushroom floss as desired. Serve hot immediately and enjoy! Don't forget the green chilli too !