



## Fried rice with broccoli



*Categoria*  
Vegetariano



*Tempo de preparação*  
Rápido



*Dificuldade*  
Médio



*Custo*  
Low



*Com quem?*  
With family



*Nº de pessoas*  
4 pessoas

### Ingredientes

 50ml of Victor Guedes  
Olive Oil

- 240g of long grain rice
- 200g of frozen broccoli
- 1 vegetable stock cube
- Garlic cloves, to taste

### Modo de preparação

1

Start by heating the vegetable stock and, when it starts boiling, add the rice and let it cook (approximately 12 minutes).

2

Heat the olive oil and then add the sliced garlic cloves to fry.

3

Add the broccoli chopped in small pieces and sauté them.

4

Add the rice and sauté everything together until the broccoli is dismantled.

### Produtos utilizados



*Olive Oil*  
Olive Oil



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