

Vegetarian Pineapple Fried Rice in 30 Minutes or Less

Looking to break out of your weeknight dinner routine? This



TIME
30 min

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INGREDIENTS

- 2 tablespoons olive oil
- 2 eggs, beaten
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 cup diced pineapple (fresh or canned, drained)
- ½ red bell pepper, diced
- ½ cup frozen peas and carrots
- 3 cups cooked jasmine rice (cold or day-old)
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon oyster sauce (optional, alcohol-free)
- ½ teaspoon curry powder
- Salt and pepper to taste
- 2 green onions, chopped
- ... cup roasted cashews (optional)

DIRECTIONS

1. Scramble the Eggs: Heat 1 tablespoon of oil in a large skillet or wok over medium heat.
2. Add the beaten eggs and scramble until just cooked. Remove from the pan and set aside.
3. Sautø Aromatics: Add the remaining tablespoon of oil.
4. Stir in onion and garlic. Sautø for about 2 minutes until fragrant.
5. Stir-Fry the Veggies and Pineapple: Add diced pineapple, bell pepper, peas, and carrots.
6. Cook for 3-4 minutes until vegetables are just tender.
7. Add the Rice: Add the cold rice, breaking up clumps with your spatula.
8. Stir-fry for 2-3 minutes until heated through and slightly crisp.
9. Season the Rice: Stir in soy sauce, oyster sauce (if using), curry powder, salt, and pepper.
10. Toss everything together until evenly coated.
11. Finish and Serve: Return scrambled eggs to the pan.
12. Add green onions and cashews if using.
13. Stir everything together and cook for 1 final minute. Serve hot.

SWAPS & NOTES

& Swaps Rice : Day-old rice works best for texture.
Jasmine rice adds subtle floral aroma.

Pineapple : Fresh gives a bolder taste, but canned (drained) is convenient.

Sauces : Oyster sauce adds umami depth but can be omitted for a vegetarian version.

TIPS FOR SUCCESS

Use cold rice for the best fried texture-fresh rice gets mushy.

Don't over-stir-let the rice sit for a minute to get crispy bits.

Adjust curry and soy sauce to taste-some prefer it milder, others bolder.

Garnish with lime wedges or cilantro for a fresh touch.

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Original recipe: <https://chefmaniac.com/vegetarian-pineapple-fried-rice-in-30-minutes-or-less/>