
Zucchini, Mint & Chili Rice with Steak

Total time: 30 min Yield: 4 Servings

Ingredients

3 Tbsp canola oil
1 large onion (thinly sliced)
1 large zucchini (cut into half moons)
3 cup leftover, cooked rice (preferably brown; at room temperature)
1 lb cooked steak or chicken
1 tsp garlic salt
fresh ground black pepper
1 bunch fresh spinach (or 8 oz. of packaged baby spinach; roughly chopped)
1 cup fresh mint leaves
2 Hawaiian chili peppers (seeds removed; cut into long strips)

Prep Time: 30 min Total Time: 30 min

Instructions

In a large skillet, heat the oil over medium high heat. Cook the onion for about 3 to 4 minutes, add the zucchini and cook for another 2 minutes. Add the rice, steak or chicken and heat through. Season with garlic salt and pepper. Remove from the heat and stir in the fresh spinach, mint and chili pepper strips.

Recipe brought to you by:

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Source:

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