**Vegetable Fried Rice**

2 tsp peanut, vegetable or rice bran oil  
1 egg, lightly scrambled  
1 cup diced mixed vegetables -- onion, bell pepper, Napa cabbage, etc.  
1 cup broccoli florets, blanched for 1 minute in boiling water (or steamed in a microwave)  
1 cup cooked brown rice, any variety, chilled  
1 tsp oyster sauce (omit for vegetarian, and use 2 tsp soy sauce)  
1 tsp reduced-sodium soy sauce  
Salt and pepper to taste (a pinch of each)  
1/2 tsp sesame oil

Heat the oil in a wok over highest heat, and add the egg. Stir quickly!

Immediately add the vegetables, and continue to stir for 15 seconds.

Add rice, oyster sauce, soy sauce, and salt and pepper, and stir for 1 minute; the sauce should be absorbed and the rice grains should be separate.

Add the sesame oil, toss, and serve hot.

<http://www.theperfectpantry.com/2013/12/brown-rice-recipe-vegetable-fried-rice.html>