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# 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 (preferrably 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:

Chef Michi Holland

## Source:

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