

RECIPE



SHRIMP & VEGETABLE FRIED RICE

INGREDIENTS:

- 1 lb extra large shrimp, cleaned, shelled and roughly chopped
- 1 tsp garlic powder
- 1 tsp ground ginger
- 4 large eggs
- 3 carrots, peeled and finely chopped
- 1/2 cup frozen peas, thawed
- 1/2 cup frozen corn kernels, thawed
- 1 small red bell pepper, finely chopped
- 2 scallions, chopped
- 1 large garlic clove, grated
- 1 tsp fresh ginger, grated
- 3 tbsp soy sauce
- 1 tsp rice wine vinegar
- 1 1/2 cups basmati rice
- vegetable oil (for wok)

DIRECTIONS:

Bring cups 3 cups of water to a boil and cook rice according to package directions. Usually about 10-12 minutes. Remove from heat and set aside. Meanwhile, season the chopped shrimp with the garlic powder and ground ginger and set aside.

Heat wok, or any deep sided non stick pan on high. Scramble the 4 eggs and break them up into small pieces as you are cooking them. Remove from the wok and set aside. Then cook the seasoned shrimp, tossing continuously, about 4 minutes. Remove from the wok and set aside.

Add a tablespoon of vegetable oil to the wok and add the carrots and red bell pepper in. Grate the clove of garlic and the fresh ginger in with the vegetables. Stir to combine and cook for 3-4 minutes. Add in the cooked rice to the vegetables and combine well.

Add in the soy sauce and rice wine vinegar. Stir to combine. Lastly, add the peas, corn, scallions, scrambled eggs and shrimp into the wok. Fold in all the ingredients until well combined and serve hot.

Serves: 4-6


