



Vital health information in a minute

SHRIMP FRIED RICE

Yield: 4 servings

Total time: 40 minutes

Ingredients

- › 1½ cups water
- › 1 cup instant brown rice
- › 2 tablespoons hoisin sauce
- › 4 teaspoons reduced-sodium soy sauce
- › 2 teaspoons toasted sesame oil
- › 4 teaspoons canola oil, divided
- › 2 large eggs, lightly beaten
- › 8 ounces peeled and deveined raw small shrimp (51–60 per pound)
- › 2 tablespoons minced fresh ginger
- › 4 cups stringless snap peas (12 ounces)
- › 1 medium red bell pepper, cut into ½-inch pieces
- › 2 medium carrots, halved lengthwise and thinly sliced
- › 4 scallions, chopped

How to make it

1. Combine water and rice in a small saucepan. Bring to a boil over high heat. Cover, reduce heat to medium-low and simmer until the

water is absorbed, 10 to 12 minutes. Spread the rice out on a large baking sheet to cool.

2. Combine hoisin sauce, soy sauce and sesame oil in a small bowl; set aside. Heat 1 teaspoon canola oil in a large nonstick skillet over medium-high heat. Add eggs and cook, stirring to help break into smaller pieces, until just set, about 45 seconds. Transfer the egg to a bowl.
3. Add another 1 teaspoon canola oil to the skillet and return to medium-high heat. Add shrimp and cook, stirring occasionally, until pink, 1½ to 2 minutes. Transfer the shrimp to the bowl.
4. Heat the remaining 2 teaspoons oil in the skillet over medium-high heat. Add ginger and cook, stirring, until fragrant, about 30 seconds. Stir in snap peas, bell pepper, carrots and scallions; cook, stirring occasionally, until tender-crisp, 3 to 4 minutes. Stir in the rice and the reserved egg and shrimp; cook, stirring, until heated through, about 1 minute. Remove from the heat and gently stir in the sauce mixture.

Nutrition information

Amount per serving

Serving size: 2 cups

Per serving:

- › Calories: 315
- › Fat: 11 g
- › Saturated fat: 2 g
- › Fiber: 5 g
- › Carbohydrate: 34 g
- › Protein: 20 g
- › Folate: 79 mcg
- › Cholesterol: 185 mg
- › Sugars: 9 g
- › Added sugars: 2 g
- › Vitamin A: 7,338 IU
- › Vitamin C: 94 mg
- › Calcium: 116 mg
- › Iron: 3 mg
- › Sodium: 446 mg
- › Potassium: 609 mg

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