Fabulous fried rice
RECIPE

Fabulous fried rice

COOK TIME	6 min
PREP TIME	30 min
MAKES	6 servings

What makes this fried rice so fabulous? For one thing, it features organic quinoa in addition to brown rice. Plus, it tempts your taste buds with a touch of Sriracha sauce, fresh veggies, spices and ginger root. In other words, it’s fabulous!

INGREDIENTS

- 1 package of SEEDS OF CHANGE™ Organic Quinoa Brown Rice
- 1–2 tsps. Sriracha sauce
- 1 egg
- 3 tsps. vegetable oil, divided
- 1/2 cup chopped green onion
- 2 cloves garlic, finely chopped
- 1/2 cup cut-up cooked chicken, pork, turkey or shrimp
- 1 tbsp. chopped fresh cilantro
- 2 tbsps. soy sauce
- 1 tsp. toasted sesame oil
- 2 tbsps. water
- 1 cup chopped fresh mushrooms
- 2 medium carrots, shredded
- 2 tsps. fresh ginger root, finely chopped
- 1/2 cup frozen (thawed) peas

DIRECTIONS

1. In small dish, stir together soy sauce, Sriracha and sesame oil; set aside.
2. In small bowl, lightly beat the egg and water.
3. In 12-inch nonstick skillet, heat 2 tsps. oil over medium heat.
4. Pour in the egg, swirl the pan so the egg forms a large thin pancake. (Lift the edge of the egg to allow any uncooked egg to run to the center.)
5. As soon as the egg has set, turn it out of the pan onto a cutting board.
6. Cool, cut into 1-inch thin strips.

7. In same skillet, heat remaining oil over medium heat.
8. Cook and stir mushrooms, green onion, carrots, garlic and ginger root 3 minutes or until mushrooms are softened.
9. Stir in SEEDS OF CHANGE™ Organic Quinoa and Brown Rice, chicken, peas, egg strips and reserved soy sauce mixture.
10. Heat 2–3 minutes, stirring frequently to coat rice in sauce and to heat through.
11. Garnish with cilantro.

NUTRITION INFO

Column 1	Column 2
Servings	6
Calories (per serving)	180
Total Fat	5g
Saturated Fat	0.5g
Trans Fat	0g
Total Fat % DV	8%
Saturated Fat % DV	3%
Trans Fat % DV	0%
Cholesterol	N/A
Cholesterol % DV	N/A
Sodium	800mg
Sodium % DV	33%
Total Carbohydrate	19g
Dietary Fiber	2g
Sugars	2g
Total Carbohydrates % DV	6%
Dietary Fiber % DV	8%
Protein	13g

You might also love...

Grilled shrimp gumbo rice salad

Cook time

15 min

Prep time

20 min



Mushroom risotto style rice & grains

Cook time

5 min

Prep time

15 min

Rainbow fried rice

Cook time

25 min

Prep time

10 min

Roasted brussels sprouts with whole grains and fruit

Cook time

20 min

Prep time

10 min

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