Broccoli “Fried Rice” with Ben’s Original™ 10 Medley
RECIPE

Broccoli “Fried Rice” with Ben’s Original™ 10 Medley

TIME	10 minutes
INGREDIENTS	7 items
MAKES	1 servings

A new version of fried rice packed with the goodness of plants and plenty of whole grains and vegetables for a nutrient-packed meal that satisfies and helps you feel your best.

INGREDIENTS

- 1 Tbsp Sesame oil, or your favourite cooking oil
- 1 Garlic clove, minced
- 1 cup Broccoli florets
- 4 oz. thinly sliced lean beef (optional)
- ½ tbsp Mirin* (optional)
- 1 tbsp low sodium Soy sauce
- 1 pouch Ben’s Original™ 10 Medley Chinese Style Five Spice
- ¼ cup Water
- 1 Tbsp Chives, chopped
- *You can substitute dry sherry for mirin or omit from the recipe

INSTRUCTION

1. In a medium pan, heat oil on medium heat. Add beef (if using) and garlic for 2 minutes. Add broccoli, cook for additional 5 minutes. Add in mirin (if using) and soy sauce to deglaze.
2. Add Ben’s Original® 10 Medley Chinese Style Five Spice and water and cook down until moisture is absorbed. Garnish with chives.

NUTRITION

DESCRIPTION AMOUNT PER SERVING

- Calories 530
- Carbohydrates (g) 88 g

- Dietary Fiber (g) 13 g
- Protein (g) 13 g
- Total Fat (g) 20 g
- Sodium (mg) 600 mg

Optional ingredients not included in nutrition.

ALLERGIES

Sesame, alliums, wheat, soy

More Recipes Like This



Chicken Fried Rice

Cooking time

25 min

Ingredients

9 items



Chili Con Carne

Cooking time

40 min

Ingredients

13 items



Korean Bibimbap

Cooking time

40 min

Ingredients

17 items



Pork and Shrimp Fried Rice

Cooking time

40 min

Ingredients

9 items

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