

Broccoli "Fried Rice" with Ben's Original™ 10 Medley RECIPE

# Broccoli "Fried Rice" with Ben's Original™ 10 Medley



<?xml version="1.0"?>
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. SHARE

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#### **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
- 1/4 cup Water
- 1 Tbsp Chives, chopped
- \*You can substitute dry sherry for mirin or omit from the recipe

#### INSTRUCTION

1. 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. 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

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#### **Chicken Fried Rice**

Cooking time

25 min

Ingredients

9 items

SEE DETAILS

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#### **Chili Con Carne**

Cooking time

40 min

Ingredients

13 items

**SEE DETAILS** 

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#### **Korean Bibimbap**

Cooking time

40 min

Ingredients

17 items

**SEE DETAILS** 

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#### **Pork and Shrimp Fried Rice**

Cooking time

40 min

## Ingredients

9 items

### SEE DETAILS

#### **Source URL:**

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