

Indonesian Fried Rice
RECIPE

Indonesian Fried Rice



<?xml version="1.0"?>

TIME

20 min

INGREDIENTS

10 items

MAKES

4 servings

Take a trip to Indonesia, without leaving the kitchen. Toss diced onions, sliced carrots, and sweet peppers and mix with BEN'S ORIGINALTM SPICY STYLE Sambal Chili rice – top with a fried egg and serve.

SHARE

- [Pinterest \(opens in new window\)](#)
- [Facebook \(opens in new window\)](#)
- [Twitter \(opens in new window\)](#)
- [Download \(opens in new window\)](#)
- [Print \(opens in new window\)](#)
- [Email \(opens in new window\)](#)

Use the email icon to send the Grocery list and the Recipe to your email.

<?xml version="1.0"?>

Share your Recipe

Select options

Email a grocery list

Email a grocery list

Email a recipe

Email a recipe

Email address

Email address

CAPTCHA

This question is for testing whether or not you are a human visitor and to prevent automated spam submissions.

INGREDIENTS

- 2 pouches (each 240g) of BEN'S ORIGINAL™ SPICY STYLE Sambal Chili Flavour
- 2 tsp (10mL) Canola oil
- ¼ cup (60mL) Diced onion
- ½ cup (125mL) Sliced carrots
- ¼ cup (60mL) Diced sweet pepper
- 2 cups (500mL) Bean sprouts
- 1 cup (250mL) Sliced Napa cabbage
- 1 tbsp (15mL) Maple syrup
- 1 tbsp (15mL) Water
- 4 Eggs

INSTRUCTION

1.
In a large skillet (or wok) heat oil over medium-high heat. Add onion and sauté for 1 minute. Add carrots and sauté for 1 minute. Add pepper and sauté for 2 minutes. Add bean sprouts and cabbage and sauté 1-2 minutes.
2.
Add BEN'S ORIGINAL™ SPICY STYLE Sambal Chili Flavour, maple syrup and water and continue sautéing, while stirring until heated through, 3 minutes. Divide between 4 bowls.
3.
Add eggs to skillet (add more oil if necessary). Cook to preferred doneness and top fried rice bowls. Enjoy!

RECIPE NOTES:

- Add ground beef, chicken, ground turkey or ground pork.
- Add cooked shrimp.
- Use coleslaw mix instead of carrots/sprouts/cabbage.

NUTRITION

DESCRIPTION AMOUNT PER SERVING

- Calories 306
- Carbohydrates (g) 45 g
- Fiber (g) 4 g
- Protein (g) 13 g
- Total Fat (g) 10 g
- Sodium (mg) 329 mg
- Sugars (g) 6 g

CATEGORIES :

[Vegetable / Vegetarian](#), [less than 20](#), [Ready to Heat Rice](#)

MORE RECIPES LIKE THIS



[Thai Pineapple Jasmine Rice Salad](#)

Cooking time

10 min

Ingredients

10 items

[SEE DETAILS](#)



[Pork and Shrimp Fried Rice](#)

Cooking time

40 min

Ingredients

9 items

[SEE DETAILS](#)



[Chicken Fried Rice](#)

Cooking time

25 min

Ingredients

9 items

[SEE DETAILS](#)

Source URL: *<https://ca.bensoriginal.com/recipes/indonesian-fried-rice>*