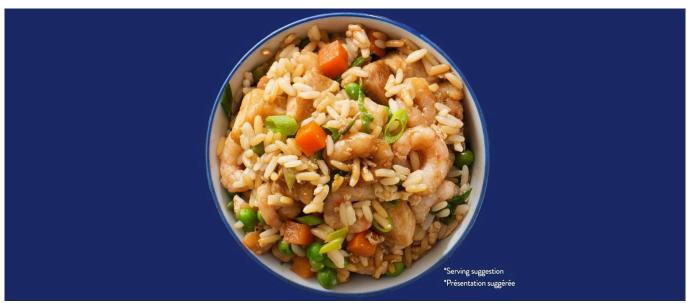


Pork and Shrimp Fried Rice RECIPE

## **Pork and Shrimp Fried Rice**



<?xml version="1.0"?>

TIME

40 min

**INGREDIENTS** 

9 items

**MAKES** 

4 servings

Give traditional Thai fried rice the VIP treatment with a few delicious upgrades: like seasoned roast pork and baby shrimp tossed with chopped green onions, egg and carrots. Simply the best.

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#### **INGREDIENTS**

- 1 cup (250 mL) BEN'S ORIGINAL™ CONVERTED™ Brand Rice
- 2 Tbsp (30 mL) Canola oil
- 1/2 cup (125 mL) Chopped carrots
- 1 Egg, lightly beaten
- 3/4 cup (175 mL) Leftover roast pork, cut in small cubes
- 1/2 cup (125 mL) Cooked baby shrimp
- 1/2 cup (125 mL) Frozen peas, thawed
- 2 Tbsp (30 mL) Chopped green onions
- 2 Tbsp (30 mL) Soy sauce

## INSTRUCTION

1. 1

Prepare rice according to package directions.

2. 2

In skillet or wok, heat 1 Tbsp (15 mL) of the oil over mediumhigh heat; sauté carrots for about 4 minutes or until starting to soften. Push carrots to side of pan. Add remaining oil; cook egg, stirring, for 30 seconds or until set. Mix carrots into egg. Stir in rice, pork, shrimp, peas, green onions and soy sauce; stir-fry for about 5 minutes or until heated through.

## **NUTRITION**

#### **DESCRIPTION AMOUNT PER SERVING**

- Calories 330
- Carbohydrates (g) 45 g
- Dietary Fiber (g) 1 g
- Protein (g) 16 g
- Total Fat (g) 10 g

## **CATEGORIES:**

Seafood, Pork, more than 20, Dry Plain Rice

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### **Chicken Fried Rice**

Cooking time

25 min

Ingredients

9 items

#### **SEE DETAILS**



## **Chicken Fried Rice with a Pineapple Punch**

Cooking time

30 min

Ingredients

14 items

# 



## **Hoisin Honey Pork with Jasmine Rice**

Cooking time

20 min

Ingredients

13 items

**SEE DETAILS** 

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