

VEGETABLE & SHRIMP FRIED RICE

This Incredible Dish Is Bursting With Flavors. If You've Never Had It Before, It'll Be A New Favorite.

This is the second dish, I swore up and down, I would never attempt to make for this cookbook. I was convinced there was no way imaginable you could make it low in points, while still ONLY USING REAL RICE... none of that riced cauliflower nonsense! First things first, I needed to stretch the rice with as many vegetables as possible. I searched online and found an actual Chinese restaurant's recipes for both vegetable, as well as their shrimp fried rice. Then, I hacked the recipes down and combined 'em into one super dish.

Servings Info.:

Yields: 11 cups

Servings: 11

Serving Size: 1 cup



R D
2-2

- last checked 12/01/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Shrimp:

- 1-1/2 pound shrimp (size 41-50ct), peeled, deveined, tail off
- 1/4 tsp baking soda, dissolved with 2 tsp water
- 1/2 tsp paprika, for color

Vegetables:

- 1-1/2 cups diced onion
- 1 large red bell pepper, diced (around 1-1/3 cups)
- 3/4 cup diced carrots
- 5 oz mushrooms, diced/chopped into bite sized pieces.
- 2 medium garlic cloves, chopped
- 3/4 cup green peas, fresh or frozen
- 1 cup fresh bean sprouts
- 1/2 cup green onions, sliced thin

Sauce:

- 1 Tbsp PLUS 1 tsp 'dark' soy sauce
- 3 Tbsp reduced sodium soy sauce
- 1/2 tsp ground turmeric
- 1/2 tsp salt

Additional Ingredients:

- 4 cups cooked white rice. Precooked, leftover, cold rice. Preferably left in the fridge overnight UNCOVERED.
- 2 large eggs, beaten with 1 Tbsp white wine (SEE NOTES!)
- 1 tsp toasted sesame seeds, for garnish

Directions:

1. Mix together the shrimp, baking soda/water solution and paprika. Let rest for 20 minutes.



2. (A) Prep and chop all the vegetables, set aside. Whisk the eggs and white wine, set aside. (B) Take your day old rice out of the fridge. Measure 4 cups and place into a mixing bowl. Sprinkle with a little water and break up the rice. Big clumps bad! Set aside. (C) Heat a LARGE, high walled pan over medium-high heat, for 1 minute. Spray with cooking spray, add the shrimp and cook till just cooked through, around 4-5 minutes. Set aside. (D) Spray pan with cooking spray and add the eggs. Scramble till just cooked through, set aside.



3. (A) Spray the pan with cooking spray, then add the onions, carrots, mushrooms, bell peppers and garlic. (B) Cook 4-5 minutes, or until the vegetables are starting to soften and color.



4. (A) Add the leftover rice (still cold) into the pan, along with the peas. Toss to combine for 1 minute, to start warming up the rice. Pour in the sauce, toss and toss and toss, till the rice takes on a uniform color. (B) Add the bean sprouts and green onions, toss to combine. (C) Add the shrimp and the scrambled eggs back into the pan. Toss/mix to combine. (D) Continue to cook and toss for an additional 1-2 minutes, until the rice is completely heated through and the entire dish has a dark golden hue. Garnish with sesame seeds, as well as additional thin sliced green onion, if desired.

NOTES & SUGGESTIONS:

- **LEFTOVER vs. FRESH RICE:** Ok... my recipe calls for leftover white rice. Why's that? Because it's already cooked... but it's dried out. When we stir it back into this big pan o' hot stuff, the rice is going to get steamed for a few minutes. If we were to have fresh cooked, fluffy rice.. then add it into this pan and continue to steam it EVEN MORE... it'll turn out mushy. If you want to use fresh cooked rice, make sure to cook it with a little less water than normal, so that it still has a little bit of bite to it. Ever boiled rice with too much water? We're trying to avoid that grael.

NOTES (cont.)

- **WHITE RICE vs BROWN vs CAULIFLOWER:** You can use brown rice if you want, but the texture will be different. You can also use 'Lie-Rice'... I mean... riced cauliflower, STOP CALLING IT CAULIFLOWER RICE, IT'S NOT RICE!!!! It's small nuggets of farty sadness!!
- **I DON'T LIKE SHRIMP, WAAAAAAA!!!:** Honestly, Susie... use chicken, beef or tofu. I can't do all the thinking for'ya :-). Also... though I used size 41-50 shrimp... you can use whatever size you'd like.
- **TURMERIC?!?!?:** If you'd like this rice to have a regular brownish color, then leave out the turmeric. However, it really gives it a fancy, restaurant quality look, having that golden hue to it. If you'd like to keep the turmeric, but have the brown more prominent... easy, dial the turmeric down to 1/8 tsp. Boom, done.
- **VEGGIE SUBSTITUTIONS:** It goes without saying, you don't have to use the exact veggies that I did. If you want to sub any of them out for a vegetable of your own liking, be my guest. The only thing I'd recommend is for you to try and match the amount of the veggie you're removing. IE: If you want to use zucchini instead of red bell peppers, replace the 1-1/3 cup of bell pepper with an equal amount of zucchini. That way, you keep the same number of servings and don't have to recalculate the points.

