

CREATE YOUR OWN FRIED RICE

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Photo: Canva

Fried Rice can be made up of just about any fresh, frozen or cooked veggies and protein, making it a very versatile and budget-friendly meal. And, the stir-fry process makes quick work of getting dinner on the table.

If cooked rice is not available, cook up a fresh batch (see note following recipe). Cauliflower rice can also be used.

Spice it Up – add a spoon or two of kimchi to your fried rice for a tantalizing burst of flavor!

Makes: 3 - 4 Servings

INGREDIENTS:

3 cups cooked brown jasmine or basmati rice

1 tablespoon low sodium soy sauce, tamari or coconut aminos

1 teaspoon sesame oil

1/2 teaspoon minced fresh ginger

2 tablespoons olive or avocado oil, divided

Choose a protein:

- 14 – 16 ounces firm or extra-firm tofu (moisture pressed out, diced)
- 1-pound raw chicken (diced)
- 1-pound large shrimp (peeled, deveined, tail removed)

Choose 2 cups veggies (raw, frozen, or cooked; any combination):

- carrots, diced
- mushrooms, sliced
- frozen peas
- pea pods, halved or sliced
- asparagus, cut bite-sized
- bell pepper, diced
- onion, diced or sliced
- bok choy, chopped
- Napa cabbage, chopped
- broccoli, small florets
- cauliflower, small florets
- zucchini, diced
- yellow squash, diced
- jalapeno, minced
- ... or use a favorite frozen vegetable medley
- spinach or super greens, chopped (add at end of cooking time in step 7)

1 large egg, whisked

1/4 cup chopped almonds, walnuts, or cashews, or roasted sunflower seeds

1 – 2 tablespoons green onions, thinly sliced

DIRECTIONS:

1. In a small mixing bowl, whisk together the soy sauce (or tamari or coconut aminos), sesame oil, and ginger until well combined.

2. Place the tofu, chicken, or shrimp into a medium-sized mixing bowl. Pour half (1/2) of the soy sauce mixture over the top of the protein and gently toss to coat. Set aside to marinate for 15 – 30 minutes.

3. When ready to cook, heat 1 tablespoon of the olive or avocado oil in a large wok or skillet on high to medium-high heat. Remove the tofu, chicken, or shrimp from the marinade and carefully add it to the hot pan. Discard this used marinade.

Let the protein cook for 1 – 2 minutes until the bottom surface is lightly browned and released easily in the pan. Turn or stir-fry to cook the other side (1 – 2 minutes) – tofu should be lightly browned, chicken should no longer be pink in the middle, or the shrimp should be lightly pink and slightly curled. Transfer the protein to a clean plate or bowl and set aside.

4. Add the remaining 1 tablespoon of olive or avocado oil to the pan. When hot, add the vegetables. Stir-fry **raw or frozen veggies** until tender crisp and lightly browned. If using **cooked veggies**, simply heat them during this step.

5. Add the rice to the vegetables and continue to stir fry until some of the rice browns lightly (about 2 – 5 minutes).

6. Push the rice and veggie mixture to the outer sides of the pan to make a well in the middle. Add the whisked egg to the well, and allow to cook for about 20 - 30 seconds. Then gently stir to create scrambled eggs. When cooked to a soft scramble, begin mixing the egg in with the rice and vegetables, distributing throughout.

7. Add the cooked chicken, shrimp or tofu to the pan and stir to combine. **If adding spinach or super greens**, add them now and stir to wilt – 60 seconds. Pour the remaining (unused) soy sauce mixture over top and stir to coat the ingredients. Stir in the nuts or seeds and finish stir-frying for 30 – 60 seconds. Garnish with green onions and serve immediately.

NOTE: Individuals may wish to season their servings with an additional sprinkle of **soy sauce** or a few dashes of **Sriracha sauce**.

To Prepare Uncooked Rice – Stovetop Method

Makes: approximately 3 cups cooked rice

1 cup uncooked brown jasmine + 1 1/2 cups water

or

1 cup brown basmati rice + 1 3/4 cups water

- Place 1 cup uncooked brown jasmine or basmati rice into a fine-meshed strainer. Rinse thoroughly with cold water. Shake out excess moisture.
- In a 2-quart saucepan, add the rice and the listed amount of water. Bring to a boil over high heat, then reduce heat to a low simmer. Cover the pan and gently simmer the rice for approximately 25 – 35 minutes, until water is absorbed and rice is tender. Remove from heat and allow rice to rest for 10 minutes. Any remaining water or moisture should be absorbed during the rest time.

NOTE: Cooking time can vary by stovetop. If the rice is not fully cooked and tender, simmer for an additional 3 - 5 minutes. If the rice is too dry, add a small amount of water and allow to absorb during the resting stage or by simmering a few minutes longer.

- Fluff the rice with a fork and spread on a parchment-lined baking sheet. Place the baking sheet into the refrigerator to cool completely before using in the Fried Rice recipe, about 20 minutes.