



HOME CHEF

PINEAPPLE-CASHEW FRIED RICE

With Sesame Oil, Sriracha, and Yellow Squash



Does the delivery guy at the local Chinese take-out place know your order by heart? We know how that goes. But once you experience how easy, healthy, and tasty our make-at-home fried rice is, you'll toss that take-out menu for good. We spruced up this iconic Asian dish with fresh yellow squash, buttery toasted cashews, juicy pineapple, rich sesame oil, and crunchy green onions. The result is a vegetarian version of the classic greasy fare that's every bit as savory and delicious.

OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



MILD



DAYS BEST COOKED BY

DIETARY



LOW CALORIE



DAIRY-FREE



GLUTEN-FREE

NUTRITION

Calories: 625
Carbohydrates: 148g
Fat: 33g
Protein: 18g
Sodium: 538mg
per serving

DRINK PAIRING

Chilled Riesling
Pinot Grigio
Sauvignon Blanc

INGREDIENTS

1 Yellow Onion
1 Yellow Squash
1 Tbsp. Sriracha
2 Tbsp. Soy Sauce
7 Oz. Slaw Mix
3 Green Onions
2 Tbsp. Sesame Oil
1 Cup Pineapple
2 Oz. Cashews
1 Cup Jasmine Rice

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Sauce Pot, Small
Medium Pan

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Cook the Rice

Add 1½ cups of **water**, **jasmine rice**, and a pinch of **salt** to a small sauce pot and bring to a boil. Reduce heat, cover, and simmer until all water has been absorbed, about 15 minutes. Remove from heat and let steam with the lid on until ready to incorporate in stir-fry.



Prepare the Ingredients

Rinse the green onion and yellow squash. Thinly slice the **green onion** on a bias (on an angle.) Trim the ends off the **yellow squash**, then quarter lengthwise and then dice quarter-rounds. Finely dice the **yellow onion**. Drain **pineapple** and **reserve juice**.



Sauté the Aromatics and Cashews

While rice is cooking, prepare the aromatics. In a skillet over medium heat, warm half the **sesame oil** (reserving remaining for garnish), all of the **diced yellow onion**, **half the green onion** (reserving remaining for garnish), and **cashews** for about 2 minutes, stirring frequently so **garlic** doesn't burn, until aromatic and garlic and onions are slightly softened and translucent. Add diced **yellow squash** and cook for another 3-5 minutes, until it begins to soften.



Finish the Rice

Once cashews are lightly toasted and onions and garlic are aromatic, add **slaw mix**, **cooked rice**, and **half the soy sauce** (reserving remaining for garnish). Sauté over high heat for 2 minutes, until soy sauce is absorbed and rice and vegetables begin to caramelize. Add **pineapple** and stir-fry over high heat for another 2-3 minutes until warmed through. Taste and, if additional sweetness is desired, add **reserved pineapple juice** to taste. Add a pinch of **salt** and **pepper**.



Plate the Dish

Place the **fried rice** evenly in two bowls. Drizzle with remaining **sesame oil** and **soy sauce** to taste. Garnish with remaining **green onions** and drizzled **Sriracha sauce**.