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.

**PINEAPPLE-CASHEW FRIED RICE**

With Sesame Oil, Sriracha, and Yellow Squash

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**OVERVIEW**

- **25**
  - Time to Prepare
- **Intermediate Recipe**
- **Mild**
- **7 Days Best Cooked By**

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**DIETARY**

- **Low Calorie**
- **Dairy-Free**
- **Gluten-Free**

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**NUTRITION**

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

per serving

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**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.