



HOME CHEF

HEALTHY TAKEOUT

Shrimp and Pineapple Fried Rice

With Toasted Cashews and Peas



Fried rice is so pervasive in Chinese-American restaurants that it rarely gets the respect it deserves. Almost always an afterthought accompaniment to an entree, tasty fried rice is too often relegated to second tier status. Not so with our whole-grain version made with seared shrimp, toasted cashews, and pineapple. Elevate this takeout standard with our healthy rendition, and you'll see this dish in a whole new light.

OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



MILD



DAYS BEST COOKED BY

NUTRITION

Calories: 601
Carbohydrates: 74g
Fat: 20g
Protein: 37g
Sodium: 1354mg
per serving

DIETARY



LOW CALORIE



DAIRY-FREE



GLUTEN-FREE

DRINK PAIRING

A bright, fruity Riesling makes a beautiful accompaniment to this dish.

INGREDIENTS

1 Cup Parboiled Brown Rice
3 Green Onions
2 oz. Roasted Red Peppers
1 oz. Soy Sauce—Gluten-Free
1 tsp. Chopped Ginger
1 tsp. Sambal
16 Shrimp
3 oz. Liquid Egg
3 oz. Frozen Pineapple
2 oz. Frozen Peas
1 oz. Cashews

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Small Pot
Small Bowl
Large Pan

DID YOU KNOW?

Nearly every cuisine on Earth has a version of fried rice, which often serves as a backdrop to utilizing leftovers. You can utilize the technique in Step 5 of this recipe using your own variations.

Home Chef is expanding to the West Coast this spring, so start referring your friends!

Discover more
recipes at
homechef.com



Cook the Rice

Bring a small pot with **brown rice** and 1 $\frac{3}{4}$ cup **water** to a boil over high heat. Reduce to a simmer, cover, and cook until rice is tender and all water has been absorbed, about 17-20 minutes.



Prepare the Ingredients

Thoroughly rinse produce and pat dry. Trim and thinly slice **whites of green onions** into $\frac{1}{2}$ " pieces. Slice **remaining green onions** at an angle (bias). Cut **roasted red pepper** into $\frac{1}{4}$ " dice. Combine **soy sauce**, **ginger**, and **sambal** in a small bowl. Rinse **shrimp**, pat dry, and season with a pinch of **salt and pepper**.



Cook the Shrimp

Return pan to high heat and add **shrimp**. Sear shrimp on one side, about 3 minutes, until browned. Remove to a plate and reserve for finishing in a later step. Return pan to heat and add 2 tsp. **olive oil**. Add **white parts of green onions** to pan and cook 1 minute. Push white parts of green onion to a corner of the pan and add **liquid eggs** to the center. Scramble eggs, avoiding green onions, by stirring constantly until eggs are fluffy and firm for about 2 minutes.



Finish the Fried Rice

Immediately add **cooked brown rice** and cook while stirring, 2 minutes. Add **soy-sambal mixture** and continue to cook while stirring, 2 minutes. Add **frozen pineapple**, **frozen peas**, **roasted red peppers**, and return **shrimp** to pan. Continue to cook while stirring, 2-3 minutes. Stir in **remaining green onions** (reserving a small handful for garnish) and cook until shrimp reaches a minimum internal temperature of 130 degrees.



Plate the Dish

Divide **fried rice** between two plates and garnish with **cashews** and **reserved green onions**.