



Shrimp Fried Rice

Makes: 2 servings

Prep Time: 10 minutes Cook Time: 15 minutes

Total Time: 25 minutes

Ingredients

- 2 tbsp peanut oil (or vegetable oil), divided
- 3 ounces ham, diced
- 6 ounces shrimp, peeled & deveined
- 1/2 cup green peas
- 1/2 cup diced carrots
- 1/2 tsp sea salt (or to taste)
- 2 large egg, beaten
- 4 cups leftover white rice
- 1/4 tsp ground white pepper (or black pepper)
- 1 tbsp light soy sauce (or tamari for gluten-free)
- 4 green onions, sliced

Instructions

Prepare all the ingredients and a large empty plate. Place them near the stove.

Heat 2 teaspoons of oil in a wok or a nonstick skillet over medium high heat until hot. Swirl to coat the bottom of the pan with oil. Add ham and shrimp. Cook for 30 seconds without disturbing. Stir and cook until the shrimp turn white. Immediately transfer the ham and shrimp to a separate plate. The shrimp should be just cooked through, or slightly raw in the center.

Add 1 teaspoon of oil. Add carrots, green peas, and a pinch of salt. Cook and stir until they start to turn soft. Transfer to the plate with the shrimp.

If the pan starts to get too hot, turn to medium heat. You should hear vibrant sizzling throughout the cooking, but the pan shouldn't be so hot as to burn the ingredients.

Add the remaining 1 tablespoon of oil. Add egg and quickly stir a few times. Add rice. Cook and chop to separate rice.

Return the cooked shrimp, ham, and vegetables to the wok. Sprinkle salt and white pepper, and swirl in light soy sauce. Immediately stir to mix well. Add green onion. Cook until the rice is heated through and the grains separated. Turn to low heat, carefully taste the rice and adjust seasoning if necessary. Transfer to plates and serve warm.

Recipe by Omnivore's Cookbook