


Chinese Fried Rice



Contain:  Spiciness:  NONE

Serves:  Prep Time : 15mins Cooking Time : 10mins

Ingredients :

Instructions :

3tbsps cooking oil / olive oil

1. Heat 2 tablespoons of cooking oil/olive oil in a wok and stir-fry garlic until lightly brown.

2 cloves garlic, finely sliced

¼ cup skinless chicken meat, diced

2. Add chicken and shrimp; stir-fry for 5 minutes.

¼ cup small shrimp

3. Stir in young corns, carrot, long beans and add 3 tablespoons Soy Asahi Seafood Stock; cook for 4 mins.

4 young corns, diced

100gram carrot, diced

4. Add rice and mix well. Push rice to one side.

4 cups cooked rice

3tbsps Soy Asahi Seafood Stock

5. Heat remaining 1 tablespoon oil and add eggs.

2 eggs

6. Scramble until eggs are set and stir in the rice; mix well.

2 stalks long beans, sliced



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