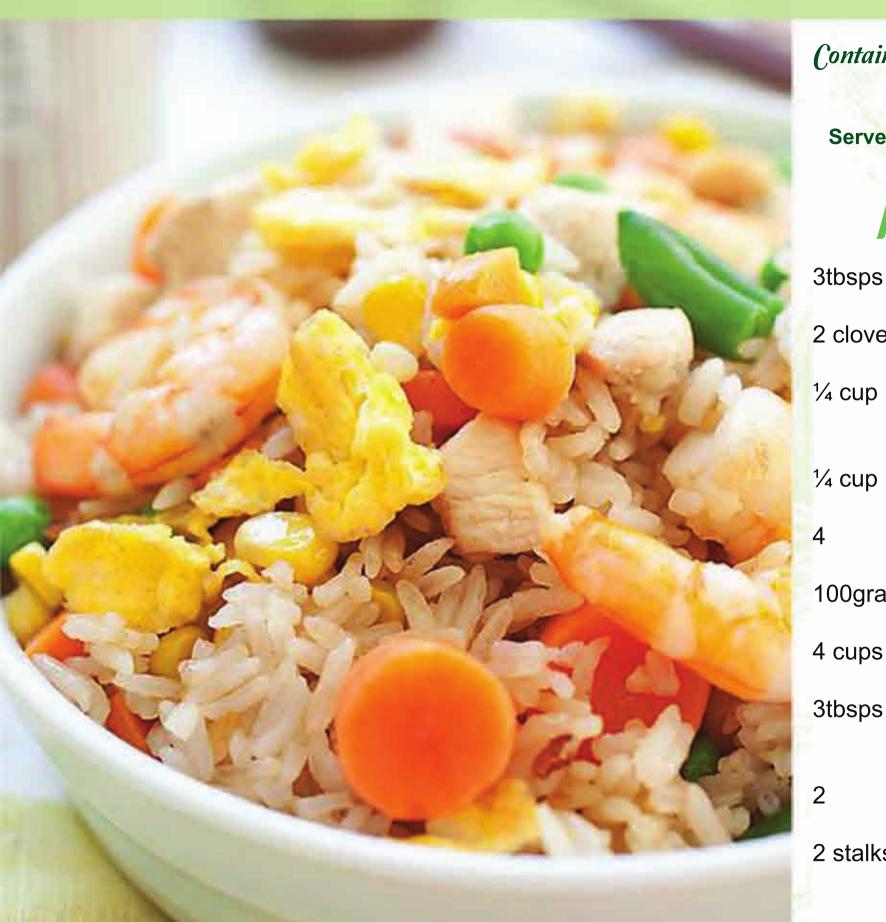
## Chinese Fried Rice











Prep Time: 15mins Cooking Time: 10mins

## Ingredients:

3tbsps cooking oil / olive oil

2 cloves garlic, finely sliced

1/4 cup skinless chicken meat.

diced

1/4 cup small shrimp

young corns, diced

100gram carrot, diced

cooked rice 4 cups

> Soy Asahi Seafood Stock

eggs

2 stalks long beans, sliced

## Instructions:

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

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

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

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

5. Heat remaining 1 tablespoon oil and add eggs.

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



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