



# Chinese Egg Fried Rice

Servings: 4

## What you'll need



measuring spoons



measuring cups



large non-stick skillet

## Ingredients

- 1 onion, finely chopped
- 2 Tbsp olive oil, divided
- 2 cloves garlic, minced
- ¾ lbs large shrimp – peeled and deveined
- 4 eggs, beaten
- 4 cups cold cooked white or jasmine rice
- 1 cup frozen peas
- 2-3 Tbsp oyster sauce
- 2 Tbsp sesame oil
- 2 Tbsp soy sauce
- 6 green onions, finely chopped

## Directions

1. Add half of the olive oil (1 Tbsp) to a large non-stick pan and heat over medium-high heat.
2. Cook the shrimp (¾ lbs) for about a minute on each side and then remove from pan and set aside.
3. Add the onion and garlic (2 cloves) and fry 2 minutes.
4. Add the beaten eggs (4) and scramble for a minute.
5. Add the rice (4 cups) to the pan and mix well.
6. Add the cooked shrimp and remaining ingredients (1 Tbsp olive oil, 1 cup peas, 2-3 Tbsp oyster sauce, 2 Tbsp sesame oil, 2 Tbsp soy sauce, 6 green onions) and fry for a minute more until everything is heated through.



## Nutrition Facts

Servings 4

Amount Per Serving

**Calories** **726**

% Daily Value

**Total Fat** 19.1g **25%**

Saturated Fat 3.4g **17%**

**Cholesterol** 269mg **90%**

**Sodium** 699mg **30%**

**Total Carbohydrate** 107.3g **39%**

**Dietary Fiber** 6.1g **22%**

**Sugars** 4.1g

**Protein** 30.5g

Vitamin D 15mcg **77%**

Calcium 90mg **7%**

Iron 3mg **19%**

Potassium 230mg **5%**



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