



Seafood Fried Rice



4 Servings



30 minutes

Ingredients :

- Cooked white rice
- Shrimp
- Squid
- Eggs
- Garlic
- Green onions
- Carrots
- Green peas
- Soy sauce
- Sesame oil
- Cooking oil
- Salt
- Black pepper



Instructions :

1. Heat cooking oil in a large pan or wok over medium -high heat .
2. Add garlic and sauté until fragrant .
3. Add shrimp and squid and cook until just done , then remove and set aside .
4. Crack eggs into the pan and scramble gently until set .
5. Add cooked rice and stir well to break up any clumps .
6. Add carrots and green peas and cook for 2 to 3 minutes .
7. Return the cooked seafood to the pan and mix evenly .
8. Add soy sauce , sesame oil , salt , and black pepper , then stir-fry until well combined .
9. Add green onions , toss briefly , and remove from heat .