

Classic Shrimp Fried Rice
RECIPE

Classic Shrimp Fried Rice



<?xml version="1.0"?>

TIME

15 minutes

INGREDIENTS

9 items

MAKES

4 servings

Save on delivery fees and prep your favorite takeout shrimp fried rice in the comfort of your own kitchen! Bonus: leftovers make for the perfect next-day lunch.

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INGREDIENTS

- 2 tbsp vegetable oil
- 1 cup diced carrot
- 1 cup fresh or thawed frozen peas
- 1/3 cup sliced green onions, divided
- 8 oz medium shrimp, peeled, deveined and tails removed

- 2 pouches (each 8.8 oz) Ben's Original™ Ready Rice™ Long Grain White Rice
- 2 tbsp low-sodium soy sauce
- 1 tbsp sesame oil
- 4 eggs, whisked

INSTRUCTIONS

- 1
Heat oil in large skillet set over medium-high heat. Add carrot, peas and half the green onions. Cook, stirring occasionally, for 5 to 7 minutes or until carrots are tender. Add shrimp and cook, stirring occasionally, for 2 to 3 minutes or until shrimp start to turn pink.
- 2
Stir in rice, soy sauce and sesame oil. Cook, stirring frequently, for 1 to 2 minutes or until coated. Push rice mixture to one side of skillet.
- 3
Pour whisked eggs into empty side of skillet. Cook eggs, stirring occasionally, for 3 to 4 minutes or until soft curds form and break up into smaller pieces. Stir rice mixture and scrambled eggs together until combined.
- 4
Garnish with remaining green onions before serving.
5. *
Tip: Omit shrimp and use vegan soy sauce for a vegetarian option if desired.

NUTRITION

- CALORIES: 430
- TOTAL FAT: 19g
- SATURATED FAT: 3g
- TRANS FAT: 0g
- SODIUM: 520mg
- TOTAL CARBOHYDRATES: 43g
- DIETARY FIBER: 3g
- TOTAL SUGARS: 4g
- PROTEIN: 23g

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[Caribbean Style Wrap with Ben's Original™ 10 Medley](#)

Cooking time

20

Ingredients

10 items

[SEE DETAILS](#)



Brown Rice with Spinach and Parmesan Cheese

Cooking time

35 Minutes

Ingredients

10 items

[SEE DETAILS](#)



Brown Rice & Apple Salad

Cooking time

20 minutes

Ingredients

9 items

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Cheesy Chicken Broccoli Rice Bake

Cooking time

45 Minutes

Ingredients

9 items

[SEE DETAILS](#)

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