



Broccoli “Fried Rice” with Ben’s Original™ 10 Medley
RECIPE

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<?xml version="1.0"?>

TIME

20 min

INGREDIENTS

7 items

MAKES

1 servings

A new version of fried rice created in partnership with Chef Shenarri Freeman and packed with the goodness of plants and plenty of whole grains and vegetables for a nutrient-packed meal that satisfies and helps you feel your best.

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INGREDIENTS

- 1 Tbsp. sesame oil, or your favorite cooking oil
- 1 garlic clove, minced

- 1 cup broccoli florets
- 4 oz. thinly sliced lean beef (optional)
- ½ Tbsp. mirin* (optional)
- 1 Tbsp. low sodium soy sauce
- 1 pouch Ben's Original™ 10 Medley Chinese Style Five Spice
- ¼ cup water
- 1 Tbsp. chives, chopped
- *You can substitute dry sherry for mirin or omit from the recipe

INSTRUCTIONS

- 1
In a medium pan, heat oil on medium heat. Add beef (if using) and garlic, cook for 2 minutes.
- 2
Add broccoli, cook for additional 5 minutes.
- 3
Add mirin (if using) and soy sauce to deglaze.
- 4
Add Ben's Original™ 10 Medley Chinese Style Five Spice and water and cook down until moisture is absorbed.
- 5
Garnish with chives.

NUTRITION

- CALORIES: 530
- TOTAL FAT: 20g - 26%
- SATURATED FAT: 5g - 25%
- TRANS FAT: 0g
- CHOLESTEROL: 0mg - 0%
- SODIUM: 600mg - 26%
- TOTAL CARBOHYDRATES: 88g - 32%
- DIETARY FIBER: 13g - 46%
- TOTAL SUGARS: 6g
- PROTEIN: 13g

Categories:

[Easy](#), [Family-friendly](#), [Healthy Options](#), [Vegetarian](#)

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Tomato Cucumber Salad with Ben's Original™ 10 Medley

Cooking time

20 min

Ingredients

9 items

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Smoky Southwest Tacos with Ben's Original™ 10 Medley

Cooking time

17-20 mins

Ingredients

14 items

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Caribbean Style Wrap with Ben's Original™ 10 Medley

Cooking time

20

Ingredients

10 items

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