

Crispy Garlic Fried Rice

Recipe makes 6 meals

Ingredients

1.5 lbs cooked Shrimp,
peeled, deveined, tail-off
2 C White Rice, uncooked
4 Eggs
10-20 Garlic Cloves,
chopped, (about 1/4-1/3 cup)
1-2 bundles Green Onions
1/4 C Vegetable Oil
1/4 C Soy Sauce
1 Tbsp Rice Vinegar
1 tsp Accent MSG
Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 423

Fat - 15g

Carbohydrates - 50g

Protein - 26g

**Estimated Cost
Per Meal**

\$3.01

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Instructions

1. Start by cooking your 2 cups of rice and place in an air tight container. Refrigerate overnight. Cold leftover rice is best for making fried rice. This will help prevent mushy rice.
2. Chop your garlic and your green onions and set aside. You can use the whole green onion, but using the firmer white parts near the bottom will be less mushy. The tops can be used for garnish.
3. In a wok or a large skillet, add 1/4 cup of vegetable oil and heat over LOW heat. It's extremely important to keep the heat on low for this first part. Add in your chopped garlic and cook for 5-10 minutes. Heating the garlic on low will allow the flavors to be pulled out into the oil and infuse it with the garlic aroma and flavor.
4. While your garlic is heating, start thawing your shrimp by following the instructions on the package.
5. After your garlic has cooked for 5-10 minutes, turn the heat up to medium and cook for 1-2 minutes or until the garlic turns a nice golden brown and crispy.
6. Add in your cooked rice, stir, then create a little space in the middle of the rice. Beat your eggs and pour them into the middle of the rice. Once the eggs are mostly cooked, mix into the rice.
7. Add 1/4 cup of soy sauce, 1 Tbsp of rice vinegar, and 1 tsp of Accent MSG. Add in your chopped green onions and your thawed shrimp. Mix well, remove from heat, then taste, and add salt and pepper to preference.
8. Enjoy!



Notes

- This recipe can be modified to fit your personal preference with the amount of garlic used. I used about 20 cloves of garlic and it came out perfect. If you think it may be too garlicky, cut that in half and use about 10 cloves.
- If you do not like shrimp, you can substitute chicken in place of the shrimp. You'll just need to cook and chop your chicken ahead of time before adding to the rice.
- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.