

Egg Fried Rice with Prawns and Peas

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-egg-fried-rice-with-prawns-recipe>

Ingredients:

- 1 5/8 cups rice
- 2 tablespoons vegetable sunflower/, /wok oil
- 3 eggs preferably organic – the flavour is so much better
- 9/16 pound prawns defrosted first, if frozen
- 3/4 cup frozen peas no need to defrost first
- 2 tablespoons soy sauce plus extra for serving
- 1 tablespoon sesame oil plus extra for serving

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 225 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 18 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 570 milligrams
9. Sugar: 2 grams

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