

# Chinese Style Lamb Fried Rice

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-recipe-lamb-mince>

## Ingredients:

- 1 1/8 pounds lamb mince
- 1 1/8 pounds cooked white rice cold, long grain/basmati/jasmine all work well
- 2 large eggs beaten
- 4 tablespoons soy sauce
- 1 tablespoon sesame oil
- 3/4 cup frozen peas
- fresh coriander optional
- spring onions optional
- red chillies optional

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 195 milligrams
4. Fat: 35 grams
5. Fiber: 1 grams
6. Protein: 27 grams
7. SaturatedFat: 14 grams
8. Sodium: 1040 milligrams
9. Sugar: 2 grams

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