

Prawn and Vegetable Fried Rice

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-king-prawn-mushroom-recipe>

Ingredients:

- 1 tablespoon groundnut oil
- 1 medium onion approx. 140g thickly sliced
- 1 1/4 cups chestnut mushrooms sliced or quartered
- 1 medium carrot
- 4 1/4 ounces batons
- 2 13/16 ounces green beans cut in halves
- 1 red pepper sliced, you can use any colour
- 7 ounces pak choi – separate leaves from stalks and roughly chop so that you have a pile of chopped leaves and a pile of chopped stalk...
- 1 1/4 cups sugar snap peas sliced in halves diagonally
- 5 5/8 ounces king prawns rinsed
- 1 tablespoon Shaoxing rice wine or dry sherry, you can also use rice vinegar or mirin
- 2 teaspoons Chinese 5 spice powder
- 1 tablespoon dark soy sauce
- 13/16 cup basmati rice cooked white, you can use jasmine or brown rice if you prefer
- 1 1/2 tablespoons light soy sauce
- 1 tablespoon sesame oil
- ground white pepper
- 2 spring onions finely chopped
- 1 tablespoon groundnut oil
- 1 medium onion approx. 140g thickly sliced
- 1 1/4 cups chestnut mushrooms sliced or quartered
- 1 medium carrot
- 4 1/4 ounces batons
- 2 13/16 ounces green beans cut in halves
- 1 red pepper sliced, you can use any colour
- 7 ounces pak choi separate leaves from stalks and roughly chop so that you have a pile of chopped leaves and a pile of chopped stalks...
- 1 1/4 cups sugar snap peas sliced in halves diagonally
- 5 5/8 ounces king prawns rinsed
- 1 tablespoon Shaoxing rice wine or dry sherry you can also use rice vinegar or mirin
- 2 teaspoons Chinese 5 spice powder
- 1 tablespoon dark soy sauce
- 13/16 cup basmati rice cooked white, you can use jasmine or brown rice if you prefer

- 1 1/2 tablespoons light soy sauce
- 1 tablespoon sesame oil
- ground white pepper
- 2 spring onions finely chopped

Nutrition:

1. Calories: 780 calories
2. Carbohydrate: 124 grams
3. Cholesterol: 85 milligrams
4. Fat: 16 grams
5. Fiber: 13 grams
6. Protein: 34 grams
7. SaturatedFat: 2 grams
8. Sodium: 1670 milligrams
9. Sugar: 14 grams

Thank you for visiting our website. Hope you enjoy Prawn and Vegetable Fried Rice above. You can see more 15 chinese king prawn mushroom recipe Get ready to indulge! to get more great cooking ideas.