

# Perfect Chinese Fried Rice + Video

Yield: 2 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/women-s-weekly-chinese-beef-recipe>

## Ingredients:

- 3 garlic cloves finely minced
- 1 cup mixed vegetables fresh or frozen, thawed first
- 2 large eggs lightly beaten
- 3 1/2 cups rice cooked, day-old, chilled and clumps separated
- 3 tablespoons low sodium soy sauce
- 2 teaspoons fish sauce or vegan fish sauce
- 1 teaspoon mirin Shaoxing wine or dry sherry can also be used in a pinch
- 1/2 teaspoon sesame oil
- black pepper
- salt
- cooked chicken
- beef
- 1/4 teaspoon ginger freshly grated
- 1/4 cup diced onions finely
- sriracha or crushed red pepper flakes
- 1 green onion thinly sliced
- roasted cashews
- sesame seeds for garnish, optional

## Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 96 grams
3. Cholesterol: 210 milligrams
4. Fat: 15 grams
5. Fiber: 5 grams
6. Protein: 28 grams
7. SaturatedFat: 3.5 grams

8. Sodium: 1560 milligrams
  9. Sugar: 4 grams
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