

Stir-Fried Wild Rice

Yield: 6 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-wild-rice-recipe>

Ingredients:

- 2 cups chicken stock
- 1 cup wild rice
- 1/4 cup sesame oil
- 1/2 cup bok choy chopped
- 1 tablespoon chopped garlic
- 1 tablespoon fresh ginger chopped
- 1/4 cup red bell pepper julienned
- 1/4 cup poblano chili diced
- 1/4 cup bean sprouts
- 1/4 cup scallions chopped
- 2 tablespoons hoisin sauce
- 2 tablespoons chopped fresh cilantro
- 1 teaspoon fresh lime juice

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 5 milligrams
4. Fat: 10 grams
5. Fiber: 2 grams
6. Protein: 7 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 210 milligrams
9. Sugar: 5 grams

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