

Japanese Garlic Fried Rice

Yield: 2 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-japanese-stir-fry-recipe>

Ingredients:

- 2 1/2 cups short grain rice cooked Japanese, *, make ahead and refrigerate overnight or up to 1 week
- 10 cloves garlic – minced, I used a garlic press
- 4 stalks spring onions – diced
- 3 eggs – lightly beaten
- 1/2 teaspoon salt and black pepper
- cooking oil Vegetable
- sauce
- 2 tablespoons soy sauce preferably Kikkoman or other Japanese brand
- 2 tablespoons sugar
- 2 tablespoons rice wine mirin, Japanese
- 1 tablespoon oyster sauce
- 1 tablespoon toasted sesame oil
- 2 teaspoons fish sauce

Nutrition:

1. Calories: 1050 calories
2. Carbohydrate: 182 grams
3. Cholesterol: 255 milligrams
4. Fat: 23 grams
5. Fiber: 8 grams
6. Protein: 25 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 2050 milligrams
9. Sugar: 16 grams

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