

# Pineapple Fried Rice



## Ingredients

- 1 ½ cups jasmine rice
- 2 carrots, diced or shredded
- 1 red onion, diced
- 3 cloves of minced garlic
- 1 ½ cups frozen peas
- 4 green onions, diced
- 1 can pineapple or 1 ½ cups
- 3 eggs
- 1/3 cup soy sauce
- ½ Tbsp sesame oil
- Salt and pepper to taste
- ½ tsp ginger
- 2/3 cup raisins
- ½ cup chopped cashews
- Olive oil
- Sesame seeds for garnish

## Utensils

- Measuring cups and spoons
- Mesh Colander
- Spatula
- Frying pan
- Knife
- Cutting Board
- Small pot with lid
- Mixing bowl



# Recipe Instructions

## Step 1: Prep

Measure and rinse your rice in mesh colander.

Prep your cutting station with a damp cloth and cutting board.

Dice carrots, red onion, and green onion. Mince garlic. Chop cashews.

## Step 2: Rice

Add rinsed rice and 2 ½ cups of water to a small pot with lid.

Bring to a boil.

Reduce to low, keep lid on, and simmer for 20 minutes.

## Step 3: Sauté

Add some olive oil to the frying pan over medium high heat. Add red onions, carrots, and garlic and cook until tender. Remove from heat. Once rice is cooked, begin to fry it in the frying pan for 5-8 minutes until it browns.

## Step 4: Eggs & Veggies

Move rice to the side and crack eggs into frying pan. Scramble. Add sauteed veggies back into the frying pan with rice & egg. Add the green onions, frozen peas, soy sauce, sesame oil, and ginger to the pan. Stir. Cook until peas have thawed.

## Step 5: Mix

Add rice, egg, and veggies to a large mixing bowl. Add in all other remaining ingredients and stir to combine.

*Feel free to add more soy sauce to taste. You can even add some sweet chili sauce or sriracha if you have it for a little kick!*

## Step 6: Serve and Enjoy!

Plate with extra chopped green onions, sesame seeds, and even a lime wedge for garnish.

### Enjoy!

*This meal can be prepped and stored in an airtight container for up to 4 days.*



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## Kitchen Safety Tips:

Always use a **pot holder!**

Let people in your home know that you will be using the **stove.**

Use **the claw** method when using a knife to avoid any accidents.