

Shrimp Fried Rice

1. In a saucepan bring 2 cups of water to boil (use 3 cups of water if you have 4 servings). Add rice and stir. Reduce heat, cover and simmer for 20 minutes. Remove rice from heat and set it aside.
2. Heat a large skillet or wok for 2 minutes. When the skillet or wok is hot, pour in 3 tablespoons of oil that can withstand high heat (grapeseed oil, avocado oil, or vegetable oil). Dice $\frac{1}{4}$ of an onion into small pieces and add the onion to the skillet.

*Save the other $\frac{3}{4}$ of the onion for your hamburger meal

3. Cut the green beans and carrots into small pieces and add them to the skillet too. Mix well and cook for 5 minutes.

*Always make sure and wash veggies before you cook them.

4. Take the shrimp from the package. Rinse under cold water and pat dry.
5. Sprinkle the shrimp with salt and pepper and add the shrimp to the skillet. Cook for 3 minutes.
6. Add the egg/eggs to the skillet. I like to move the veggies and shrimp to one side of the skillet and add the egg to the other side. I scramble them and cook them, then mix them in with the veggies and shrimp that are on the opposite side of the skillet.
7. Mix in the rice. Stir everything together.
8. Add the small container that has soy sauce and sesame oil in it. Cook for another 4 minutes, stirring continuously until everything is mixed together. Add salt and pepper to taste. You may not need more salt, but you will need more pepper for sure.

Container Ingredients: Soy Sauce and sesame seed oil. (GF meals have gluten free soy sauce)

Plate:

Add some of the shrimp fried rice to a plate and serve!! Enjoy!