

Shrimp Skewers and Fried Rice

Rice:

1. In a saucepan bring 4 cups of water to boil (2 cups of water if you have a 2 person meal kit). Add a little salt to the water. 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). Add diced green beans and diced carrots. Make sure and chop the beans and carrots into small pieces. Cook until carrots are soft.
3. Add the rice and stir. Add the small container of oil. This is a lemon grass and basil infused oil... it is delicious.
4. Cook all together for 4 minutes. Sprinkle with salt and pepper to taste.

Shrimp:

1. Rinse shrimp in cold water and lay out on a plate or tray. Pat the shrimp dry. Put about 5 shrimp on each skewer. Sprinkle the shrimp with the Cajun spice.
2. Heat a large skillet and add some oil to the skillet. When the skillet is hot, add the shrimp skewers. Cook on each side for about 2 minutes. They cook fast!

*You can also grill the shrimp skewers. Make sure and soak the skewers in water for an hour if you are going to grill the shrimp. This is so the skewers don't catch on fire.

Plate: I like to put some of the fried rice on the bottom of my plate and put 2 skewers on top of the rice. Enjoy!!