

Yaki Meshi (Rice Fried)



Serves  

Ingredients

- 250 gr of koshihikari rice
- 275 ml of water
- 150 gr frozen prawns
- 1 egg
- 1/4 of white onion (or rather, a fresh onion which we also use the green stem)
- 1/2 Belgian endive
- 1/2 carrot
- 1/4 yellow pepper
- 3 tablespoons oil (I used the extra virgin olive oil)
- 1 "magic sachet"

Method

Rice Preparation. Place the rice in a pot and add cold water, close the lid and bring to a boil over high heat (about 2 minutes), when steam rises from the pot, lower the flame and continue cooking for another 10 minutes without ever opening the cover. After 10 minutes, turn off the heat and let rice stand for 10 minutes without ever opening the cover. Meanwhile in a pan lightly fry in a few tablespoons of oil the onion, diced pepper, carrot cut to julienne, Belgian endive cut into strips and shrimp. Pour the sauteed vegetables in a bowl and use the pan to fry an egg slightly beaten. When the egg starts to cook the base, but the surface is still liquid pour over the rice and mix together. Finally add the vegetables and seasoning sachet. Serve hot!

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