

MYX RECIPE

NAME: Ginger Fried Rice

INFO: An Asian flair with a nice bite of ginger; Grain Free, Lectin Free, Gluten Free dish that can stand on its own or be served on the side with many other entrees.

INGREDIENTS:

Yield: 6 - 8

32 oz. Basmati Rice

1 Medium Yellow Onion (chopped)

1" Fresh Ginger (minced)

8 - 12 Dried Shiitake Mushrooms (reconstitute) sliced into thin strips

4 Celery Stalks (¼" cuts on bias)

1 can Water Chestnut Sliced (roughly chop)

3 - 4 Green Onions (chopped or the equivalent amount using cut chives)

2 Tbsp. Coconut Oil (or olive oil) -

1 tsp Sesame Oil

1 Tbsp. Coconut Aminos

Cayenne Pepper (to taste)

Himalayan Salt (to taste)

Organic Ground Pepper (to taste)

½ tsp Dried Yellow (hot) Mustard

Other options

Add in 1 or 2 Scrambled Eggs

Grilled Wild Shrimp or Pasture Chicken and serve as a main course

DIRECTIONS:

Follow directions on the rice package, we like using a rice cooker, it is quick and very easy.

Add 2 tablespoons of coconut oil and the sesame oil into a large skillet along with a dash of cayenne pepper. Over medium heat, add the onion & ginger and cook several minutes until the onions are translucent (3 to 4 minutes). Then add the water chestnuts, celery, mushrooms and cook and sauté for another few minutes. Continuing cooking until the vegetables soften (another 3 - 4 mins.)

Over high heat, add in the rice and cook for several minutes stirring regularly to make sure it doesn't burn! After a minute, add in 1 tablespoon of soy sauce substitute. Continue cooking on high heat, add in pepper to taste.

If using eggs: Add 2 tablespoons of coconut oil into a different skillet on medium heat and add in the 2 whisked eggs. Gently stir the eggs as if you're making a scramble, but make sure the eggs don't clump together too much then add to rice, add green onions or chives, stir in and serve.