

# Chinese Cooking Y.Lo Style

Easy, Fast and Tasty

**SEAFOOD FRIED RICE**  
LEVEL: EASY

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## Ying Yang Seafood Fried Rice

Prep Time: 15 mins

Cook Time: 15 mins

Serve 2

2 Cup of Cooked White or Brown Rice ( about 1 container of takeout leftover)

2 Egg Beaten

8 medium size Shrimp (cut in half)

1 cup of Small Sea scallop

1tbsp Chopped Garlic

Salt to taste

1/2 tsp of sugar

1 tsp of cooking wine or sherry

2 tbsp soy

1tbsp sesame oil

1/2 cup chopped green onion

2tbsp of vegetable or olive oil

### **SPECIAL TWIST:**

1 tbsp ketchup

1/4 tbsp Sirachi garlic hot sauce

2 tsp soy

2 tsp sesame oil

### **Fried Rice Tips:**

Left over rice is perfect for fried Rice. Freeze your left over rice in the freezer and when ever you want fried rice, defrost it in the micro-wave or over night in the refrigerator.

\* Always cook with high heat when make fried rice or stir fry. If it does sizzle, it is not hot enough

1. In a large frying pan or wok, add 1 tbsp of oil and stir fry shrimp and scallop with 1/2 tbs of garlic and a pinch of salt and cooking wine. Once shrimp turns pink, remove from heat and set aside.
2. Scramble eggs with 1 tbs of oil. Season with salt and pepper.
3. With the same frying pan, add the remaining oil, garlic and rice. Stir fry rice until it is loose, separated and sizzle. Add Soy, sugar, Sesame oil, green onion, and stir fry until mix. Add Seafood and mix. Place half the fried rice on a serving plate
4. For a special Twist, mix Special Twist seasoning together and add to the rice. Stir until even and place it with the other half of the fried rice. If you are making a full batch of special twist fried rice, double the ingredient for the sauce.

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