

Seafood

Shrimp Fried Rice

Servings: 4

1 package Seapak Firecracker Shrimp
2 cups rice
1 tablespoon vegetable oil
2 eggs
3/4 cup frozen peas
3/4 cup frozen carrots
2 tablespoons soy sauce

Prepare Seapak Firecracker shrimp according to package directions and set aside.

Prepare rice per package instructions and set aside.

In a skillet, scramble eggs with vegetable oil.

Add peas and carrots and cook until thawed.

Add rice, soy sauce and Seapak Firecracker sauce.

Cook mixture for one minute.

Place fried rice on large serving dish and top with shrimp.

Per Serving (excluding unknown items): 430 Calories; 7g Fat (14.1% calories from fat); 12g Protein; 79g Carbohydrate; 3g Dietary Fiber; 106mg Cholesterol; 584mg Sodium. Exchanges: 5 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1 Fat.