

Rice Dishes

YIELDS:	PREP TIME:	TOTAL TIME:
6 SERVINGS	0 HOURS 10 MINS	0 HOURS 40 MINS

INGREDIENTS

2 tbsp. extra-virgin olive oil
3 chicken breasts (about 1 1/2 lb.)
Kosher salt
Freshly ground black pepper
2 tbsp. sesame oil, divided
1 medium onion, chopped
2 carrots, peeled and diced
3 cloves garlic, minced
1 tbsp. freshly minced ginger
4 c. cooked white rice (preferably left-over)
3/4 c. frozen peas
3 large eggs, beaten
3 tbsp. low-sodium soy sauce
2 green onions, thinly sliced

DIRECTIONS

- 1** | In a medium skillet over medium heat, heat olive oil. Season chicken with salt and pepper on both sides, then add to skillet, and cook until golden and no longer pink, 8 minutes per side. Remove from skillet and let rest 5 minutes, then cut into bite-sized pieces.
- 2** | To the same skillet, heat 1 tablespoon sesame oil. Add onion and carrots and cook until soft, 5 minutes, Add garlic and ginger and cook until fragrant, 1 minute more. Stir in rice and peas and cook until warmed through, 2 minutes.
- 3** | Push rice to one side of skillet and add remaining tablespoon sesame oil to other side. Add egg and stir until almost fully cooked, then fold eggs into rice. Add chicken back to skillet with soy sauce and green onions and stir to combine.



**YIELDS:****4****PREP TIME:****0** HOURS **30** MINS**TOTAL TIME:****0** HOURS **30** MINS**INGREDIENTS**

2 tbsp. vegetable oil, divided
3 large eggs, lightly beaten
1/2 onion, chopped
1 carrot, peeled and cut into 1/4" pieces
1/2 lb. ground pork
kosher salt
Freshly ground black pepper
1 tbsp. grated ginger
2 cloves garlic, minced
1 c. frozen peas
4 c. cooked white rice
2 tbsp. low-sodium soy sauce
1 tbsp. hoisin sauce
3 green onions, thinly sliced
1 tsp. sesame oil

DIRECTIONS

- 1** | In a large skillet over medium heat, heat 1 tablespoon vegetable oil. Add eggs and let sit for a few seconds before lightly scrambling and folding the egg mixture over itself. Remove from skillet and set aside.
- 2** | In the same skillet, heat remaining tablespoon oil then add onion and carrot. Cook, stirring occasionally, until the vegetables are tender. Add the ground pork to the skillet and season with salt and pepper, then cook until the pork is no longer pink and is starting to caramelize. Stir in the ginger, garlic, and peas and cook until fragrant, about 1 minute.
- 3** | Add the rice then stir in the soy sauce, hoisin, green onions, and sesame oil. Toss to combine then fold in scrambled eggs. Serve immediately.

YIELDS:

4

PREP TIME:

0 HOURS 5 MINS

TOTAL TIME:

0 HOURS 20 MINS

INGREDIENTS

1/2 c. low-sodium soy sauce
2 tbsp. brown sugar
Juice of 2 limes
1 tsp. crushed red pepper flakes
2 c. instant rice
1 lb. large shrimp, peeled and deveined
1 c. broccoli florets
Sesame seeds, for garnish

DIRECTIONS

- 1 | Heat grill to high. In a small bowl, whisk together soy sauce, brown sugar, lime juice and red pepper flakes until combined.
- 2 | Among four pieces of foil, divide rice, shrimp and broccoli and pour over marinade. Garnish with sesame seeds.
- 3 | Fold and seal edges of foil and grill until shrimp is pink and broccoli tender, 12 to 15 minutes.





JUDY KIM

YIELDS:

4

PREP TIME:

0 HOURS **20** MINS

TOTAL TIME:

0 HOURS **20** MINS

INGREDIENTS

- 1 large head of cauliflower, cut into florets
- 1/2 lb. ground beef
- kosher salt
- 1 small onion, diced
- 1 c. diced carrots
- 1/4 c. low-sodium soy sauce
- 1 tsp. garlic powder
- 1 tsp. crushed red pepper flakes
- 1 c. frozen peas
- 1/4 c. chopped green onions

DIRECTIONS

- 1 | Place cauliflower into a blender filled with 3 cups of water. Pulse until cauliflower is the size of rice. If necessary, blend in two batches. Drain in colander and pat dry with paper towels, then set aside to dry.
- 2 | In a large sauté pan over medium-high heat, brown ground beef, breaking up pieces with a wooden spoon; season with 1 teaspoon salt. Add onions and carrots and sauté until softened, 3 to 4 minutes. Add soy sauce, garlic powder and red pepper flakes; simmer 1 minute.
- 3 | Add cauliflower and peas, toss together until warmed through, 2 to 3 minutes. Add green onions and serve immediately.