



KIMCHI FRIED RICE

QUICK INFORMATION

TIME



15 MINS

SERVES



4

CALORIES



260

GLUTEN FREE



RECIPE

VEGETARIAN



RECIPE

INGREDIENTS

- ½ cup yellow onion, diced
- 2 tablespoons of olive oil
- 2 cloves garlic, minced
- 1 teaspoon ginger, grated
- ½ cup kimchi, chopped and 1 tablespoon of liquid kimchi was stored in
- 2 cups cooked Lundberg Family Farms Basmati Wild or Wehani Rice
- 1 Tablespoon soy sauce or tamari
- ¼ teaspoon toasted sesame oil
- 1 eggs, beaten
- 1 stalk scallion, sliced
- Ground black pepper

NUTRITIONAL FACTS

Serving Size: 121g

AMOUNT PER SERVING

Calories 260 Calories from Fat 90

Total Fat 10g
Saturated Fat 1.5g
Trans Fat 0g

Cholesterol 45mg

Sodium 250mg

Total Carbohydrate 38g
Dietary Fiber 3g
Sugars 2g

Protein 7g

PREPARATION

Heat oil in skillet till hot, add onions and sauté for 5 minutes until translucent, add garlic and cook until fragrant (about 30 seconds). Add ½ cup of kimchi to the pan and cook for another 1 minute.

Microwave rice until warm about 1 minute in the microwave, then add to the skillet and mix thoroughly. Add soy sauce, sesame oil and kimchi juice to the skillet, mix until well combined. Pour beaten egg over the rice mixture and stir vigorously, cook until eggs are done.

Season with black pepper to taste and garnish with sliced scallions.