



# VEGETABLE FRIED BROWN RICE BOWL

**Yield: 50/100 servings**  
**Serving Size:**  
**1 cup**



**Hungry for more recipes?**  
**Visit [www.menurice.com](http://www.menurice.com)**

**APPROXIMATE NUTRIENTS PER SERVING:** Calories 259, Protein 12 g, Carbohydrate 34 g, Total Fat 9 g, Saturated Fat 2 g, Cholesterol 187 mg, Vitamin A 4493 IU, Vitamin C 10 mg, Iron 2 mg, Calcium 62 mg, Sodium 387 mg, Dietary Fiber 5 g

# VEGETABLE FRIED BROWN RICE BOWL

Prep Time: 20-25 minutes  
Cook Time: 20-30 minutes



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
<b>Ginger-Soy Sauce**</b>					<p>1. In a bowl, whisk together all ingredients. Cover and hold until ready to use as directed. Critical Control Point: Refrigerate below 41°F at least 2 hours before using as directed.</p> <p>2. In a tilting skillet, heat 3 tbsp oil over medium-high heat (1/3 cup for 100 servings); add egg product and sauté 3-4 minutes or until firm. Critical Control Point: Cook to an internal temperature of 155°F or higher for 15 seconds. Remove from skillet and chop. Reserve. Critical Control Point: Hot hold at 135°F or higher.</p> <p>3. In the same skillet, heat remaining oil; sauté carrots for 2-3 minutes. Add peas and scallions and continue to sauté for 2 minutes.</p> <p>4. Mix in rice and cook, stirring constantly, until heated through. Stir in cilantro and mix well. Mix in reserved eggs and Ginger-Soy Sauce**. Critical Control Point: Cook to an internal temperature of 165°F or higher. Critical Control Point: Hold hot at 135°F or higher for service.</p> <p>5. To Serve: Scoop 1 cup (two No. 8 scoops) fried rice into a bowl and serve.</p>
Lower-sodium soy sauce		1 ¾ cups		3 ½ cups	
Ginger, minced		1/3 cup		2/3 cup	
Garlic, minced		2 tbsp		1/4 cup	
Honey		2 tbsp		1/4 cup	
Red pepper, ground		1/4 tsp		1/2 tsp	
Vegetable oil, divided		1/2 cup		1 cup	
Pasteurized egg product	5 lb 10 oz	2 qt 2 ½ cups	11 lb 4 oz	1 gal 1 ¼ qt	
Carrots, fresh, shredded	2 lb 9 oz	3 qt 1/2 cup	5 lb 2 oz	1 ½ gal 1 cup	
Peas, frozen	5 lb 4 oz	3 qt 1/2 cup	10 lb 8 oz	1 ½ gal 1 cup	
Brown rice, cooked, chilled*	10 lb 12 oz	1 ½ gal 1 cup	21 lb 8 oz	3 gal 2 cups	
Scallions, sliced	4 oz	2 cups	8 oz	4 cups	
Cilantro, fresh, minced, optional	1 oz	1 cup	2 oz	2 cups	
Ginger-Soy Sauce**		2 ½ cups		1 ¼ qt	

**ONE SERVING PROVIDES:** 1 oz eq G, 2 oz eq M/MA, 1/8 cup red/orange V, 1/4 cup starchy V

**COOLING:** Critical Control Point: Cool from 135°F to 70°F or lower within 2 hours and from 70°F to 41°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans in ice up to product level and stir frequently. Cover and label product.

**REHEATING:** Critical Control Point: Reheat to 165°F or higher for 15 seconds, within 2 hours.

\*Follow package cooking instructions or visit MenuRice.com for suggested rice preparation methods. When cooking and chilling rice for use in recipes, follow proper Critical Control Points for chilling procedures and hold cold at 41°F or lower until ready to use as directed.