



Confetti Fried Rice

Recipe HACCP Process: #2 Same Day Service

Serving Size: 1 ¼ cup

Yield: 300

Source: JSI Back to Basics: Asian Fusion Recipe (adapted from: Nutritious Eats)

Ingredients:

Ingredient Name	Measurements
Rice, brown, long grain, parboiled, dry	5 ½ gal + 2 ½ cups
Water	13 ½ gal + 2 ¾ cups
Vegetable oil, canola	1 qt + 1 cup
Garlic, jarred, minced	½ cup + 4 tsp
Ginger dried, ground	4 Tbsp
Onions, raw, chopped	2 qt + 1 cup
Peas and carrots, frozen	3 ¼ gal + 2 ¾ cups
Eggs, whole, raw large (beaten)	57 each
Soy sauce, reduced sodium	1 qt + 1 cup

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

Instructions:

1. Cook rice according to your kitchen's procedures, if different from instructions below:
2. Pre-heat steamer. In a 2-in. hotel pan, combine rice and water. Cover and cook for 30-35 minutes, until tender.
3. Once rice is cooked, remove from heat and let stand covered for 5 minutes. Set aside and cool. ****Note:** Cook and cool the rice the day before for better texture and flavor in your fried rice.
4. In a large braising pot or, tilt skillet, heat oil, then add minced garlic, ground ginger, and onions. Cook for 1-2 minutes or until fragrant.
5. Add frozen peas and carrots to the pot or tilt skillet and cook for 2 minutes or until warm. Move the vegetables to one side of the skillet then add the beaten eggs and scramble on the other side of the skillet.
6. Add the cooked rice to the veggie and eggs and stir to combine all ingredients. Add soy sauce and stir.
7. Heat to 140°F or higher for at least 15 seconds.
8. Hold for hot service at 135°F or higher.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	260.96 kcal
Total Fat	6.55 g
Saturated Fat	0.59 g
Trans Fat	0.01 g
Cholesterol	33.82 mg
Sodium	321.45 mg
Total Carbohydrate	43.99 g
Dietary Fiber	3.27 g
Total Sugars	0.22 g
Protein	7.81 g

Meal Component Information:

Meal Components	Amount
Meat/Meat Alternate	0.25 oz equivalent
Grain	2 oz equivalent
Vegetable	0.125 cup