

Arroz Chino
RECIPE

Arroz Chino



<?xml version="1.0"?>

TIME

20 min

INGREDIENTS

11 items

MAKES

4 servings

Satisfy your family with this unique fusion of Mexican and Asian flavors, like soy sauce, veggies and lechon asado.

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INGREDIENTS

- 2 cups Ben's Original™ Long Grain White Rice, cooked
- 1 Tablespoon cooking oil*
- 2 large eggs
- 2 Tablespoons soy sauce*, reduced sodium
- 1/4 cup chicken broth*, low sodium

- 1 cup onion, chopped
- 1 1/2 cup carrot, chopped
- 2 cloves garlic, minced
- 1 1/2 cups lechon asado (or cooked ham), diced
- 1 cup frozen peas
- 1/2 cup green onions, chopped

PRODUCTS USED



BEN'S ORIGINAL™ Parboiled Long Grain White Rice

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INSTRUCTIONS

- 1
Cook rice according to package directions.
- 2
In a small bowl whisk eggs together with 1/2 Tablespoon of the soy sauce and 1 Tablespoon of the chicken broth.
- 3
Add 1 Teaspoon of the oil to a large skillet over medium heat. Add egg mixture and let cook 2-3 minutes. Turn and cook about 1 minute more until egg is cooked through. Transfer to a plate, cut into thin strips, and set aside.
- 4
Return pan to medium heat, add remaining oil and sauté onions and carrot until mostly soft, about 4 minutes. Stir in garlic and cook 2 minutes more.
- 5
Add precooked rice and remaining soy sauce to the pan with vegetables. Stir well and slowly pour in the remaining chicken broth a little at a time, allowing the rice to absorb the liquid.
- 6
Add cooked egg slices, diced lechon asado, and green peas, stirring to combine. Cook a few minutes more until ham and peas are heated through.
- 7
Remove from heat, top with green onions and serve.
- *
This ingredient is divided between steps.

NUTRITION

- CALORIES: 400
- TOTAL FAT: 20g - 26%
- SATURATED FAT: 5g - 25%
- TRANS FAT: 0g
- CHOLESTEROL: 125mg - 42%
- SODIUM: 540mg - 23%
- TOTAL CARBOHYDRATES: 35g - 13%

- DIETARY FIBER: 4g - 14%
- TOTAL SUGARS: 6g
- PROTEIN: 17g

Categories:

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Cooking time

45 min

Ingredients

12 items

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Cooking time

20 min

Ingredients

9 items

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