



Pineapple Fried Rice Recipe

Preparation Time	15
Cooking Time	15
Serving Size	10

Ingredients:

- 1 cup chorizo Macau, diced
- 2 Tbsp oil
- 1/2 cup garlic, crushed finely
- 1/4 cup onion, red, chopped
- 1/2 cup carrot, chopped
- 150 g shrimp, peeled and sliced
- 2 pcs egg, beaten
- 2 1/2 Tbsp patis
- 1 can DEL MONTE Pineapple Tidbits (432g), drained
- 2 1/4 cups cabbage, shredded finely
- 5 cups rice, long grain, cooked, chilled
- 1 1/8 Tbsp green onions (optional), sliced 1/4-inch long

Preparation:

1. Fry chorizo in oil. Set aside.
2. In the same pan, sauté the next 4 ingredients. Add eggs and cook until just set. Add chorizo and the rest of the ingredients. Stir to coat with the egg mixture. Cook for about 3 minutes, stirring constantly. Top with green onions if desired.

Chef's Tip

Day-old rice is drier and will absorb more flavor without turning soggy. To use, make sure that the grains are separated so they do not form lumps when stir-frying.

Lusog Notes

This Pineapple Fried Rice recipe provides vitamin A that helps maintain normal vision and healthy skin, as well as helps strengthen the immune system.

Cooking Skills Needed

- Frying
- Sautéing

Cooking Tools

- Chopping Board
 - Measuring Spoon
 - Measuring Cups
 - Wooden Spatula
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