



## Pineapple Fried Rice Recipe

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<b>Preparation Time</b>	<b>15</b>
<b>Cooking Time</b>	<b>15</b>
<b>Serving Size</b>	<b>10</b>

### 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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