



**PREP TIME : 5 MIN**

**COOK TIME : 15 MIN**

**SERVES : 4**

## **Ingredients :**

- **PAM<sup>®</sup> Cooking Spray**
- **2 cups (500 mL) cooked white or basmati rice**
- **1 egg, beaten**
- **3/4 cup (175 mL) cooked shrimp and/or diced: chicken, pork or beef**
- **1 cup (250 mL) any diced vegetables: peas, carrots, corn, red pepper, mushrooms, etc. (If frozen, thaw and drain)**
- **2 tbsp (30 mL) VH<sup>®</sup> Strong Garlic Rib Sauce**
- **1 tbsp (15 mL) VH<sup>®</sup> Soya Sauce**
- **1 green onion, thinly sliced**

## **Directions :**

- 1. Spray large nonstick skillet with PAM<sup>®</sup> Cooking Spray; heat over medium heat. Add egg; cook, stirring, until scrambled. Remove to plate.**
- 2. Add mixed vegetables and meat to skillet; cook until vegetables are tender.**
- 3. Cook rice according to package instructions.**
- 4. Add rice to skillet; drizzle VH<sup>®</sup> Strong Garlic Rib and VH<sup>®</sup> Soya Sauces over top. Mix rice into vegetable mixture until heated through. Stir in egg and green onion.**

**Create your own delicious recipe (or flavorful twist) by substituting any VH<sup>®</sup> sauce!**



# Healthy Mixed Fried Rice