

Spicy Curry Fried Rice with Shrimp

This recipe is pretty spicy, especially if your curry powder has a lot of chile in it. If you'd prefer, cut the amount of Sriracha in half, then add more to taste when you serve it.

INGREDIENTS:

- 2 teaspoons Asian fish sauce
- 2 teaspoons soy sauce
- 1 teaspoon Sriracha chile sauce (see Note)
- 1/2 teaspoon sugar
- 2 tablespoons vegetable oil
- 1 tablespoon butter
- 1 tablespoon curry powder
- 1/2 cup medium-diced onion
- 1/2 cup thinly sliced scallions
- 1 teaspoon minced garlic
- 3 cups leftover cooked rice
- 10 ounces precooked pink bay shrimp
- 2 eggs, beaten
- Salt, to taste

INSTRUCTIONS: Whisk together the fish sauce, soy sauce, chile sauce and sugar in a small bowl.

Place a wok over medium-high heat. When it's hot, add the vegetable oil and butter. When the butter is foaming, add the curry powder and onion and cook until the onion softens slightly, 3 minutes. Add the scallions and garlic and cook another minute. Stir in the rice, and toss until the grains have separated and softened. Toss in the shrimp and stir briefly to heat through.

Drizzle the sauce over, and

toss until it coats the rice evenly. Move aside the rice to expose a portion of the bottom of the wok. Add the egg and allow to set, then scramble and chop up to toss into the stir fry. Season the rice to taste with salt, if needed.

Serves 4

Note: Sriracha is a mildly spicy Vietnamese chile sauce available in a squeeze bottle in many supermarkets.

PER SERVING: 380 calories, 18 g protein, 45 g carbohydrate, 13 g fat (4 g saturated), 215 mg cholesterol, 525 mg sodium, 2 g fiber.