

# Sheet Pan Fried Rice



Recipe courtesy of Food Network Kitchen



*Baking the rice on a sheet pan guarantees more of the crispy, crunchy bits that make fried rice the perfect food. For this recipe, the older and drier the rice the better. If you must start with freshly cooked grains, spread them out on a sheet pan to dry out in the refrigerator first.*

**Total:** 45 min  
**Active:** 20 min  
**Yield:** 4 servings  
**Level:** Easy

## Ingredients

- 4 cups cooked rice (preferably leftover and slightly dry)
- 5 scallions, white and dark green parts separated, thinly sliced
- 2 large carrots, peeled and grated using the large holes on a box grater
- 3/4 cup frozen peas, thawed
- 2 garlic cloves, finely grated
- 1 tablespoon finely grated ginger
- 1/4 cup vegetable oil
- 1/4 cup soy sauce
- 3 tablespoons seasoned rice wine vinegar
- 1 tablespoon sesame oil
- 3 large eggs, beaten to blend
- 3/4 pound medium shrimp, peeled and deveined, tails removed
- Toasted sesame seeds and sriracha, for serving

## Directions

Preheat the oven to 475 degrees F.

Toss together the rice, white and light green parts of the sliced scallions, carrots, peas, garlic, ginger, vegetable oil, soy sauce, vinegar and sesame oil in a large bowl until the rice is completely coated. Spread on a sheet pan and bake until the rice begins to toast on the outer edges, about 15 minutes.

Toss the rice on the sheet pan using a metal spatula, scraping up any stuck-on pieces. Drizzle the eggs over the rice and nestle in the shrimp. Continue baking until the shrimp and eggs are cooked through, 5 to 10 minutes more. Top with the sesame seeds and reserved dark green scallions and divide among 4 plates. Serve with sriracha on the side.

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