



# FORTISSIMO FRIED RICE



SERVINGS: 5

PREPPING TIME: 5 MIN

COOKING TIME: 15 MIN

## INGREDIENTS

- 3 Shallots
- 1 Carrot
- 1 Cup of Peas
- 2 Green Onions
- 2 TBSP Sesame Seeds
- 1 TBSP Grape Seed Oil
- 2 TBSP Garlic Paste
- 5 Cups of Rice
- 3/8 Cup of gluten-free soy sauce
- 1/8 Cup of Ponzu Sauce
- 1 TBSP Sesame Oil
- 1 Avocado

## DIRECTIONS

1. Chop shallots, carrots, and green onions
2. Heat a wok to high heat for 1 minute
3. Add 1 TBSP of Grape Seed oil, melt it, and spread it across the entire pan
4. Put garlic paste on the pan and let it turn golden brown
5. Stir occasionally
6. Add your shallots
7. Stir occasionally
8. When the shallots reach a light brown add carrots and peas
9. Stir occasionally
10. Add rice
11. Stir everything together
12. Add soy sauce and ponzu
13. Stir until everything is equally distributed
14. Cover the pan and let the edges crisp up
15. Add green onions on top along with sesame seeds
16. Slice avocado and add it to the top
17. Serve and Enjoy