

Marinated Grilled Shrimp with Fried Rice
(serves 4)

20 large fresh shrimp
2 cloves garlic minced to paste
1/2 cup lite soy sauce or liquid aminos
1 Tablespoon spicy brown mustard
2 Tablespoons gently chopped parsley
2 Tablespoons sesame oil
1 bunch green onion (thinly sliced)
1 cup brown rice
1 1/2 cup water
1 cup egg beater

- 1) Combine garlic, soy, parsley and shrimp. Allow to marinade for atleast 30 min.
- 2) Slice the green onions and separate the green and white parts.
- 3) Heat pot with sesame oil on medium heat, add white part of scallion and cook until they are translucent, add rice and stir to coat for two minutes. Add water and bring to boil. Reduce heat, cover and simmer until cooked. (approximately 20 minutes)
- 4) Once rice is cooked, heat sauté pan with sesame oil. when oil is smoking add egg and allow to brown. Stir rigorously and add rice, greens of onion and toss to combine.
- 5) Season shrimp with salt and pepper and grill or broil 3 minutes a side.
- 6) Pour rice mixture on plate and top with cooked shrimp.