

Scallop Fried Rice

This recipe makes ~15 cups



Ingredients

¾ cup soy sauce, divided
½ cup water
4 eggs
2 cups yellow onions
1 cup diced carrots
1 - 13 oz bag frozen peas
3 pouches ramen noodle seasoning
3 cups water or chicken broth
3 cups rinsed and drained long grain white rice
2 lbs frozen scallops

Directions:

1. Set your pressure cooker to the Sauté function and allow it to preheat.
2. Once heated, pour ½ cup of soy sauce into the pot, then add just enough water to cover the bottom. Stir the mixture and heat until it begins to steam.
3. Carefully add the eggs to the pot. Do not stir at this point—let the eggs cook undisturbed until they begin to set and become firm. Once firm, stir and chop the eggs into pieces using a spatula or spoon.
4. Add all the remaining ingredients except the scallops to the pressure cooker. Stir well to combine.
5. Gently fold in the scallops, stirring to distribute them evenly.
6. Pour in the remaining ½ cup of soy sauce and give everything one final stir.
7. Seal the lid of the pressure cooker and set it to High Pressure for a 3-minute cycle.
8. Once the cooking cycle is complete, allow the pressure to release naturally for 10 minutes before opening the lid.
9. Release pressure
10. Line the tray with parchment and spread Fried Rice evenly across your trays (~2.5 lbs per medium tray - mine filled 3 trays evenly). I added dividers in a 4 portion setting to divide into equal servings.
11. Pre Freeze when possible
12. Freeze dry
13. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

In a bowl, add ½ cup of boiling water to each portioned serving size (¼ of the tray, roughly 1 ¼ cups). Stir well and cover. Let it sit for 2 minutes. Repeat for more water if necessary.

Notes:

If you don't have a pressure cooker, you can still make this on the stove top. Try to do all the cooking in the same pot to keep the flavors integrated. It will take longer, especially for the rice, but still works fine!

Nutritional Value Per 1 portioned serving

Calories: 184 Protein: 16 g Fat: 3 g Carbohydrates: 22 g Sugar: 4 g Fiber: 2 g