Pineapple Fried Rice

Ingredients

- 3 sudu besar Cooking Oil
- 1 Yellow Onion
- 5 ulas Garlic
- 1 paket MAGGI® Sambal Tumis
- 1 stem Lemongrass
- 90 g Prawns, fresh with head
- 3 Cuttlefish, fresh
- 3 cawan Rice (cooked)
- 1 sudu besar MAGGI® CukupRasa™
- 0.5 tsp Turmeric Powder
- 0.5 Carrot
- 0.25 cawan Green Peas
- 0.25 cawan Pineapple
- 0.5 Cucumber
- 6 leaves Lettuce, Iceberg (Includes Crisphead Types), Raw

Instruction

1. Heat the cooking oil, saute the yellow onion and garlic until fragrant.
2. Add MAGGI® Sambal Tumis and lemongrass, stir-fry briefly.
3. Add shrimp and squid.
4. Add white rice, MAGGI® CukupRasa and turmeric powder.
5. Add carrots, beans and pineapple. Mix well until cooked.
6. Serve with cucumber and salad

Nutrition

Carbohydrates	27.56 g
Energy	229.03 kcal
Fats	7.42 g
Protein	13.26 g

27 Minutes

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