

Low-FODMAP Beef Fried Rice



What could be better than a quick fried rice that proves you can eat healthy without spending hours in the kitchen! Thanks to convenient store-bought ingredients like ready-to-serve rice and frozen vegetables, this recipe makes it easy to prepare a complete meal that's rich in protein, fibre, and flavour. It's an option our dietitians love to recommend for busy weeknights or nutritious lunches, without compromising on quality. For even more inspiration, check out our [7 Dinner Ideas For Busy Weeks](#).

Preparation 10 min
Cooking 20 min
Servings 6
Nutrition Facts (per serving)
Calories 395
Fat 16
Carbohydrates 38
Fibre 6
Protein 25
Sodium 815

Ingredients

- 15 ml (1 tbsp) toasted sesame oil
- 454 g (1 lb) extra-lean ground beef (or other leftover beef)
- 90 ml (6 tbsp) reduced-sodium soy sauce (or tamari)

- 1 bag frozen stir-fry vegetables (750 g), not thawed (without onion or garlic)
- 125 ml (½ cup) canned mushrooms, rinsed, drained and sliced
- 1 red bell pepper, cut into small dice
- 1 piece of fresh ginger, 2 cm (¾ in), finely chopped
- 15 ml (1 tbsp) rice vinegar
- 5 ml (1 tsp) crushed red pepper flakes
- 2 packets of 250 g ready-to-serve brown rice (Uncle Ben's style)
- 2 eggs
- Pepper, to taste

Garnish (*optional*)

- Sesame seeds
- Green onion, sliced, green parts only

Preparation

1. In a large non-stick skillet heat the toasted sesame oil over medium-high heat. Add the beef and cook until the internal temperature reaches 160 °F (71 °C). Drain excess fat if needed.
2. Add the soy sauce and rice vinegar. Stir. Incorporate the frozen vegetables, mushrooms, bell pepper and ginger. Cook for 5 to 7 minutes, stirring with a wooden spoon.
3. Add the crushed red pepper flakes and brown rice. Stir to heat through.
4. Push the mixture to one side of the skillet. Pour the eggs into the empty space and cook while stirring. Incorporate into the rest of the ingredients.
5. Season with pepper to taste. Serve hot. Garnish with sesame seeds and sliced green onions, if desired.

Notes

Keeps for 3 days in the refrigerator in an airtight container or 3 months in the freezer.



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