



## Pineapple Fried Rice

### Shopping List

#### Ingredients

- 2 tbsp – grapeseed or canola oil
- 1 – egg
- 1 small – onion
- ½ - red bell pepper
- 1 – carrot
- ½ cup – pineapple (fresh or canned)
- ¼ tsp – salt
- ¼ tsp – pepper
- ½ cup – frozen peas
- 1 ½ tsp – fresh ginger
- 1 clove – garlic
- ½ cup – spring onions
- 1 cup – white rice
- ½ lb – shrimp
- 1 tbsp – hoisin sauce
- Sriracha sauce (optional)