



## Seafood Pineapple Fried Rice

### Overview

Difficulty: Easy

Servings: 4

Preparation Time: 50 mins

Cooking Time: 30 mins

## Ingredients

80ml Cooking Oil

600ml Water (for boiling Seafood)

3 Eggs (Beaten)

5g Ginger (Chopped)

10g Coriander (Chopped)

10g Fried Shallots

15g Fish Floss or Chicken Floss

15g Shallots (Chopped)

20g Garlic (Chopped)

30g Raisins

40g Spring Onions (Chopped)

100g Roasted Cashew Nuts

200g Canned Pineapples

200g Fresh Squid, Sliced

300g Fresh Prawn

500g Cooked White or Brown Rice (Can be overnight rice)

1 Tablespoon Oyster Sauce

2 Tablespoons Fish Sauce

2 Tablespoons "Hua Diao" Wine

2 Tablespoons Sesame Oil

To Taste Salt

To Taste Pepper

# Methods

## Step 1

Prepare ingredients: Cut the squid into rings, chop spring onions, coriander, and cut the canned pineapple slices into wedges. Beat the eggs in a small bowl.  
*Tip: Torch the pineapple wedges to add extra flavour.*



## Step 2

In a MaxoMixx Hand Blender, blend the ginger, shallots, and garlic separately.



### Step 3

Marinate the squid rings and prawn with salt and pepper, and set aside.



### Step 4

While marinating the seafood, boil a pot of water. Once water is boiling, add in the marinated seafood and boil them for about 10 minutes. Then, strain seafood from stock, and deshell the prawns.



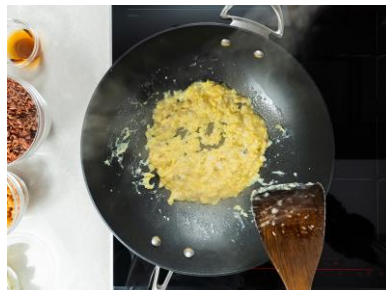
### Step 5

Heat cooking oil in a large non-stick wok, and fry the chopped shallots, garlic and ginger until fragrant and slightly brown.



### Step 6

Add in the beaten eggs, and scramble. Deglaze with 'Hua Diao' wine and fish sauce. Then add the cooked rice and stir evenly.





### Step 7

Add the roasted cashew nuts, pineapple wedges, boiled squid rings, boiled prawns, and raisins. Season with oyster sauce, sesame oil, 30g of the chopped spring onions, and 5g of the chopped coriander. Fry and mix well.



### Step 8

Season with salt and pepper and stir fry to mix well.



### Step 9

Garnish with fried shallots, fish floss, and the rest of the chopped coriander and spring onions.

