



California Stir Fry & Brown Rice

Servings

4

Calories

240

Prep Time

15 minutes

Total Time

20 minutes

Skill Level

Easy

Ingredients

1 (12 ounces) package Mann's California Stir Fry

½ cup orange juice, fresh squeezed

⅓ cup butter

2 tablespoons sugar

1 ½ tablespoons ginger, fresh, grated

1 tablespoon corn starch, dissolved in ¼ cup water

2 cups brown rice, cooked

The Method

Place Mann's California Stir Fry, orange juice, butter, sugar and ginger in a large skillet over medium-high heat. Bring to a boil; cover and cook 2-3 minutes. Uncover and slowly add corn starch and water mixture. Simmer until liquid glazes, about 10 minutes. Season to taste with salt and pepper. Serve with brown rice.



Nutrition Facts

Serving Size: 246g | Servings: 4

Amount Per Serving

Calories 240 | Calories from Fat 60 | Total Fat 7g (sat fat 4g trans 0g) | Cholesterol 15mg | Sodium 40mg | Total Carbohydrate 41g | Dietary Fiber 4g | Sugars 12g | Protein 5g | Vitamin A 100% | Vitamin C 110% | Calcium 6% | Iron 6%