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LIFE | FOOD & DRINK

## Recipe: Summer Vegetable Whole Grain Fried Rice

Adapted from Troy Guard of Lucky Cat, Denver



The Yangzhou Fried Rice with the Bangkok Summer cocktail at Lucky Cat in Denver, Co. *PHOTO: MORGAN RACHEL LEVY FOR THE WALL STREET JOURNAL*

By **SARAH DIGREGORIO**

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*This wholesome, super easy fried rice gets deep savory flavor from XO sauce, a condiment*

*of dried seafood and chiles available in Chinese markets. Alternatively, you can substitute a mix of fish sauce and Sriracha, or another chili sauce. In winter, at Lucky Cat in Denver, Troy Guard switches to vegetables like Brussels sprouts and pickled carrots. Feel free to use what you have and what you like.*

**Total Time:** 20 minutes **Serves:** 4

- 2 tablespoons canola oil
- 1 tablespoon sesame oil
- 1 garlic clove, minced
- 1 teaspoon minced ginger
- 1 small shallot, minced
- 1 cup sugar snap peas
- ½ cup diced shiitake mushrooms
- ½ cup shredded iceberg lettuce
- ¼ cup corn kernels
- ¼ cup sliced scallions
- ¼ cup shelled edamame
- Kosher salt, to taste
- 1 cup cooked, cooled quinoa
- 1 cup cooked, cooled farro
- 1 cup cooked, cooled brown rice
- 2 tablespoons XO sauce

**1.** Heat oils in a wok or a large skillet over high heat. Once oil is very hot and shimmery, add garlic, ginger and shallots. Cook, stirring, until golden brown, about 1 minute. Add peas, shiitakes, lettuce, corn, scallions and edamame to wok. Season with salt. Cook, stirring, until fragrant and just starting to wilt, 1-2 minutes.

**2.** Add grains to wok and cook, tossing, until heated through, about 1 minute. Stir in XO sauce. Taste and season with salt as needed.

*—Adapted from Troy Guard of Lucky Cat, Denver*



Chef Troy Guard at The Lucky Cat restaurant. PHOTO: MORGAN RACHEL LEVY FOR THE WALL STREET JOURNAL

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