

Healthy Shrimp Fried Rice (Better Than Takeout!)

If you love shrimp fried rice but want a version that's packed with protein, vegetables, and wholesome ingredients, this healthier recipe is the perfect solution. Traditional takeout versions are often loaded with excess oil, sodium, and refined carbohydrates. This homemade version delivers the same savory flavor while using brown rice, colorful vegetables, lean shrimp, and heart-healthy sesame oil. It's a satisfying meal that can help support energy, muscle maintenance, and overall wellness without sacrificing taste.

Whether you're meal prepping for the week or looking for a quick weeknight dinner, this healthy shrimp fried rice comes together in about 30 minutes and is a family favorite you'll want to make again and again.

Healthy Shrimp Fried Rice

Prep Time: 15 minutes

Cook Time: 15 minutes

Total Time: 30 minutes

Servings: 4

Ingredients

- 1 pound large shrimp, peeled and deveined
- 3 cups cooked brown rice (preferably chilled overnight)
- 2 tablespoons avocado oil, divided
- 2 teaspoons toasted sesame oil
- 2 eggs, lightly beaten
- 2 cups frozen peas and carrots
- 1 cup diced onion
- 3 garlic cloves, minced

- 1 tablespoon fresh ginger, grated
- 3 green onions, sliced
- 3 tablespoons low-sodium soy sauce or 2 tablespoons regular soy sauce
- 1 tablespoon low-sodium oyster sauce or 2 teaspoons regular oyster sauce (**optional**)
- 1 teaspoon rice vinegar
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{2}$ teaspoon paprika
- Optional: Sesame seeds for garnish

Instructions

1. Heat **1 tablespoon avocado oil** in a large skillet or wok over medium-high heat.
2. Season the shrimp with the paprika and black pepper. Cook for about **2 minutes per side**, or until pink and fully cooked. Remove the shrimp from the skillet and set aside.
3. Add the remaining **1 tablespoon avocado oil** to the skillet. Pour in the beaten eggs and gently scramble until just cooked. Transfer the eggs to a plate and set aside.
4. Add the diced onion, garlic, and grated ginger to the skillet. Sauté for about **2 minutes**, until fragrant.
5. Stir in the frozen peas and carrots and cook for another **3 minutes**, stirring occasionally.
6. Add the chilled brown rice, breaking apart any clumps with a spatula.
7. Pour in the soy sauce, oyster sauce (if using), toasted sesame oil, and rice vinegar. Stir well until the rice is evenly coated. Taste before adding any extra soy sauce, as regular soy sauce is saltier than the low-sodium variety.
8. Return the cooked shrimp and scrambled eggs to the skillet. Gently fold everything together until heated through.

9. Stir in the sliced green onions and cook for **1 more minute**.
10. Garnish with sesame seeds, if desired, and serve immediately.

Nutritional Facts (Approximate Per Serving)

Nutrient	Amount
Calories	385
Protein	30 g
Carbohydrates	34 g
Fiber	5 g
Sugars	4 g
Fat	13 g
Saturated Fat	2.5 g
Cholesterol	205 mg
Sodium	Varies depending on the soy sauce and oyster sauce used
Potassium	520 mg
Iron	15% DV
Vitamin A	80% DV
Vitamin C	18% DV
Calcium	8% DV

Why You'll Love This Recipe

- High in lean protein to help keep you feeling full.
- Uses whole-grain brown rice for extra fiber.
- Loaded with colorful vegetables for vitamins and antioxidants.
- Lower in sodium than most restaurant versions when using

low-sodium soy sauce.

- Ready in just 30 minutes.
- Great for meal prep and reheats beautifully.

Women's Health Benefits

Shrimp is an excellent source of lean protein, selenium, and vitamin B12, nutrients that support muscle health, energy production, and immune function. Brown rice provides fiber that may help support healthy digestion and more stable blood sugar levels. The colorful vegetables add antioxidants, vitamin A, and vitamin C to help nourish your body, while garlic and ginger contribute natural compounds that support overall wellness. Together, these ingredients create a balanced meal that can fit well into a healthy lifestyle for women of all ages.

***Kitchen Tip:** If you only have regular soy sauce, use 2 **tablespoons** instead of 3 tablespoons of low-sodium soy sauce. Taste the fried rice before adding more, since regular soy sauce is significantly saltier. Likewise, if using regular oyster sauce, use 2 **teaspoons** instead of 1 tablespoon.*

*One additional tip: for the best fried rice texture, use **cold, day-old brown rice**. Freshly cooked rice contains more moisture and can make the fried rice soft instead of giving it the slightly chewy, restaurant-style texture.*

Disclaimer: Nutritional values are estimates and may vary depending on the brands and ingredients used.