



Saeubokkeumbap

Shrimp Fried Rice | 새우볶음밥



<https://koreancuisine.net>

A classic Korean-Chinese style fried rice featuring plump, succulent shrimp, fluffy scrambled eggs, and colorful vegetables stir-fried over high heat with fragrant scallion oil and a subtle touch of smoky wok hei.

 **Prep: 15 mins** | **Cook: 10 mins** |  **Easy** |  **High Protein** |  **Kid-Friendly**

Ingredients (2-3 servings)

- **Main Ingredients:** 2 bowls cold cooked white rice (or firm rice), 12–15 cocktail shrimp (or peeled cooked shrimp), 2 eggs, 1 stalk green onion, 1/3 carrot, 1/4 green bell pepper (or paprika)
- **Shrimp Marinade:** 1 tbsp mirin (cooking wine), a pinch of black pepper
- **Seasoning & Oil:** 1 tbsp oyster sauce, 1 tbsp soy sauce (*jin-ganjang*), 1 tbsp sesame oil, 3 tbsp cooking oil, a pinch of salt

Allergy Information

- **Contains:** Shellfish (Shrimp), Eggs, Soy (Soy sauce, Oyster sauce), Wheat (Soy sauce), Sesame

Equipment

- Wok or Large Frying Pan, Spatula, Paper Towels, Cutting Board, Knife, Mixing Bowls

Cooking Instructions

1. **Prepping Shrimp & Vegetables:** Thoroughly pat dry the thawed shrimp with paper towels to remove excess water, then marinate with 1 tbsp mirin and black pepper. Finely dice the carrot and bell pepper into small cubes, and chop the green onion into thin rounds.
2. **Making Scallion Oil & Stir-Frying Shrimp:** Heat 3 tbsp of cooking oil in a pan or wok over medium heat. Add the chopped green onions and stir-fry until golden and fragrant. Add the marinated shrimp and stir-fry briefly until pink on the outside, then immediately transfer the shrimp to a separate plate.
3. **Cooking Vegetables & Scrambled Eggs:** In the same pan, stir-fry the diced carrots and bell pepper. Push the vegetables to one side of the pan, crack 2 eggs into the empty space, and gently scramble until soft. Mix the scrambled eggs together with the vegetables.
4. **Seasoning & Stir-Frying Rice:** Drizzle 1 tbsp soy sauce along the hot edge of the pan to scorch it slightly for a smoky flavor (*wok hei*), then stir in 1 tbsp oyster sauce. Add the cold rice and stir-fry over high heat, using a vertical chopping motion with your spatula to separate and coat every grain of rice.

5. **Re-adding Shrimp & Finishing:** Return the set-aside shrimp to the pan and stir-fry together with the rice for 1 more minute over high heat. Turn off the heat, drizzle with 1 tbsp sesame oil, sprinkle with black pepper, and serve hot.

Cooking & Pairing Tips

- **Thoroughly Pat Dry the Shrimp:** Removing surface moisture from the shrimp prevents water from leaching into the pan during stir-frying, keeping the rice fluffy rather than soggy and ensuring the shrimp remain plump and springy.
- **Chopping Motion over High Heat:** Keep the burner on high heat when adding the rice and use the edge of your spatula to cut through rice clumps rather than mashing them. This coats individual rice grains in oil and seasoning for an authentic restaurant-style texture.
- **Perfect Food & Beverage Pairing:** Serves wonderfully alongside *Jajang* sauce (black bean sauce), spicy *Jjamppong* broth, or a simple clear egg drop soup (*Gyeran-guk*). Enjoy with a glass of iced tea or a cold lager beer.

Storage Instructions

- Best enjoyed fresh after cooking. Store leftovers in an airtight container in the refrigerator for up to 1–2 days. Reheat in a hot pan or wok with a tiny splash of oil to restore its fluffy texture.

Nutrition Facts (Estimated)

- Total Content : Approx. 600g (2-3 servings total)
- Calories : 680 kcal total (approx. 113 kcal per 100g / 226 kcal per 1 serving)
 - Sodium : 890mg (45%)
 - Total Carbohydrate : 82g (25%)
 - Sugar : 4g (4%)
 - Total Fat : 26g (48%)
 - Trans Fat : 0g
 - Saturated Fat : 4.5g (23%)
 - Cholesterol : 210mg (70%)
 - Protein : 28g (51%)
 - Calcium : 90mg (9%)

Editor's Review

1. Plump Shrimp Elasticity and the Sensual Edge of Scallion-Infused

Flame

The moment the aromatic warmth of scallion oil bloom fills the palate, springy, fire-tossed rice grains lightly dance across the tongue. Flash-sautéed to preserve its vibrant bounce, each plump shrimp bursts between your teeth, unleashing a subtle sweetness and crisp ocean umami. Smoky soy sauce caramelization, soft scrambled eggs, and the rich depth of oyster sauce coat every single grain, delivering an endlessly satisfying and sensual culinary experience.

2. Searing Aesthetics Forged by Soy Caramelization and Moisture Mastery

Saeubokkeumbap represents the height of pan-frying artistry, uniting strict moisture control with high-heat wok techniques. Meticulously drying the shrimp before a quick sear prevents sogginess, safeguarding a delicate elasticity that secures the dish's structural integrity. Searing soy sauce along the pan's edge to capture a smoky aroma, alongside tossing cold rice with a cutting motion over intense flames, showcases a brilliant technique that elevates simple pantry staples into fluffy, high-level dining.

3. Heartwarming Solace Nestled Within a Vibrant Single Bowl

Golden egg ribbons, colorful diced vegetables, and rosy shrimp converge cohesively among fluffy grains to form a vibrant, comforting feast. When seeking quick yet genuine warmth amidst a chaotic day, a steaming bowl of shrimp fried rice infused with nutty sesame oil acts as a tender embrace for an exhausted spirit. Savoring every savory, comforting bite washes away the weariness of the day, refilling the spirit with a clear, steadfast vitality.



