

Easy Chicken Fried Rice



Try my favourite chicken fried rice recipe—a balanced, quick-to-make dish for weeknight meals. Easy to customize, this mix of crunchy vegetables, whole-grain rice, and tender chicken is a tasty option the whole family will love.

Preparation 15 min

Cooking 25 min

Portion 4

Nutrition Facts (per serving)

Calories 410 kcal

Fat 11 g

Carbohydrates 43 g

Fibre 5 g

Protein 35 g

Sodium 680 mg

Ingredients

- 15 ml (1 tbsp) sesame oil
- 1 onion, finely chopped
- 2 garlic cloves, minced
- 450 g (1 lb) raw chicken breast, diced

- 45 ml (3 tbsp) light soy sauce
- 5 ml (1 tsp) fish sauce
- 500 ml (2 cups) cooked brown rice
- 3 large eggs
- Pepper, to taste
- Sesame seeds for garnish (optional)

Preparation

1. Heat sesame oil in a large skillet or wok, and sauté the onion and garlic for 2-3 minutes.
2. Add the chicken, cook for 5-7 minutes, then stir in the vegetables and sauté for another 5-7 minutes.
3. Pour in the soy sauce and fish sauce, add the cooked rice, and mix well.
4. Push the rice to the side of the skillet, scramble the eggs in the empty space, then combine with the rest of the mixture. Season to taste and garnish with sesame seeds if desired.

Notes

Keeps 3–4 days in an airtight container in the fridge or up to 3 months in the freezer.

This recipe is perfect for using up leftover veggies. Swap in or add zucchini, edamame, or any other veggies you have in the fridge or freezer.



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