

Chicken Fried Rice

MADE WITH LOVE
BY MOM INC.

Ingredients

- Brown or white rice
- Chicken breasts – I like to dice the chicken into very small pieces about 1/2 – 3/4-inch. You can also use a rotisserie chicken to speed things up
- Toasted sesame oil
- Vegetable oil (or canola oil)
- Frozen peas and carrots blend
- Green onions
- Garlic
- Eggs
- Low-sodium soy sauce – if you have regular sodium soy sauce that will work too, just start with 2 Tbsp and add more if needed.



Directions

- In a large non-stick wok or skillet, heat 1 1/2 tsp sesame oil and 1 1/2 tsp of the canola oil over medium-high heat.
- Add chicken pieces, season lightly with salt and pepper and saute until cooked through, about 5 – 6 minutes.
- Transfer chicken to a plate or a piece of foil and set aside.
- Return skillet to medium-high heat, add remaining 1 1/2 tsp sesame oil and 1 1/2 tsp canola oil.
- Add peas and carrots blend and green onions and saute 1 minute, then add garlic and saute 1 minute longer.
- Push veggies to edges of pan.
- Add eggs in center and cook and scramble until just set.
- Return chicken to skillet along with rice.
- Add in soy sauce and season with salt and pepper to taste.
- Toss everything together and serve warm with Sriracha to taste if desired.

Enjoyed best when shared

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