

YIELD: 6

Easy Better-Than-Takeout Chicken Fried Rice

prep time: 5 MINUTES**cook time: 15 MINUTES****total time: 20 MINUTES**

This easy, one-skillet recipe is ready in 20 minutes and better than takeout. You'll never be tempted again to eat rice from a flimsy white takeout container after trying homemade.

INGREDIENTS

- 2 tablespoons sesame oil
- 2 tablespoons canola or vegetable oil
- 3/4 to 1 pound boneless skinless chicken breasts, diced into 1/2-inch pieces
- 1 1/2 cups frozen peas and diced carrots blend (I don't thaw and use straight from the freezer)
- 3 green onions, trimmed and sliced into thin rounds
- 2 to 3 garlic cloves, finely minced
- 3 large eggs, lightly beaten
- 4 cups cooked rice (I use white, long-grain or brown may be substituted. To save time use two 8.8-ounce pouches cooked and ready-to-serve rice)
- 3 to 4 tablespoons low-sodium soy sauce
- salt and pepper, optional and to taste

INSTRUCTIONS

- 1 To a large non-stick skillet or wok, add the oils, chicken, and cook over medium-high heat for about 3 to 5 minutes, flipping intermittently so all sides cook evenly. Cooking time will vary based on thickness of chicken breasts and sizes of pieces.
- 2 Remove chicken with a slotted spoon (allow oils and cooking juices from chicken to remain in skillet) and place chicken on a plate; set aside.
- 3 Add the peas, carrots, green onions, and cook for about 2 minutes, or until vegetables begin to soften, stir intermittently.
- Add the garlic and cook for 1 minute, stir intermittently.

- 5 Push vegetables to one side of the skillet, add the eggs to the other side, and cook to scramble, stirring as necessary.
- 6 Add the chicken, rice, evenly drizzle with soy sauce, optional salt and pepper, and stir to combine. Cook for about 2 minutes, or until chicken is reheated through.

NOTES

Recipe is best warm and fresh but will keep airtight in the fridge for up to 5 days or in the freezer for up to 4 months. Reheat gently as desired.

Adapted from Rachel Schultz, Cooking Classy, Iowa Girl Eats.

NUTRITION INFORMATION: YIELD: 6 SERVING SIZE: 1

Amount Per Serving: **CALORIES:** 422 **TOTAL FAT:** 15g **SATURATED FAT:** 3g **TRANS FAT:** 0g
UNSATURATED FAT: 11g **CHOLESTEROL:** 157mg **SODIUM:** 525mg **CARBOHYDRATES:** 38g **FIBER:** 3g
SUGAR: 2g **PROTEIN:** 33g

Nutrition info is automatically generated. This information is provided as a courtesy and is an estimate only.

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CUISINE: Asian / **CATEGORY:** Sides, Salads & Vegetables

<https://www.averiecooks.com/easy-better-takeout-chicken-fried-rice/>