



Garden Fresh Farm Recipes

Chicken Fried Rice

We bought the rice cooker. Now for the delicious rice recipes. This easy homemade chicken fried recipe is just like takeout, and the leftovers are delicious!

Ingredients:

2 cups cooked white rice
3 tablespoons plus 1 teaspoon vegetable oil divided
1 boneless skinless chicken breast
1 small yellow onion diced
1 medium carrot peeled & diced
3 scallions thinly sliced diagonally
2 medium cloves garlic minced
3 teaspoons low sodium soy sauce
2 teaspoons sesame oil
salt & freshly ground black pepper to taste
1 tablespoon mirin
1 cup frozen baby green peas or can green peas
2 large eggs lightly beaten



Directions:

Cook the rice according to package directions – after cooking cool completely. Once the rice has cooled, break it up with your hands into individual grains. You can make this a day ahead and cool it overnight in the refrigerator.

Heat 1-tablespoon oil in a 12-inch nonstick skillet (or wok), over high heat, until smoking. Add the rice, cook and stir 3-4 minutes or until the rice just begins to turn a little darker. Transfer the rice to a bowl and set aside.

Turn heat to medium, heat 1-tablespoon of oil and place the chicken breast in the skillet. Cook 3 minutes on each side. Transfer the chicken to a cutting board, cut into very thin slices and then cut the slices into thirds.

Heat 1-tablespoon oil in the skillet and add the diced onion, carrot, scallions and garlic. Cook, stirring continuously, 2-3 minutes or until carrots are just lightly tender and onions are translucent.



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Add the rice and peas and stir to combine.

Add the cooked chicken, soy sauce, sesame oil and mirin, stir and cook another 2 minutes.

Season to taste with salt and freshly ground black pepper.

Push the chicken rice mixture to the sides of the skillet and add 1-teaspoon oil to the middle of the skillet. Add the lightly beaten eggs and season with salt & pepper. Scramble the eggs and stir to combine with the chicken/rice mixture.

Cook, stirring continuously, 3-4 minutes, to give time for the flavors to meld. Serve immediately.