

Chicken Fried Rice

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Adapted from Rachel Cooks

Pro Tip: Have everything ready to go for this recipe – it moves very quickly from step to step!

Serves 3 – Serving size 3/4 to 1 cup (measure it out!) ***if you like cauliflower rice, you can substitute all or half of the regular rice to reduce the points***

This recipe is great to use up leftover rice and chicken! I like to make this the day after we have a dish that uses both those ingredients. I make a bit extra of each so I have enough to make this for lunch the next day!

Blue – 5 points

Purple – 1 point (if you use brown rice)

Green – 8 points

- 3 cups cooked rice (day old and cold is the best to use)
- 8 oz cooked chicken breast, chopped small
- 1/2 Tbsp olive oil
- 1/2 small diced onion
- 1 cup frozen peas and carrots
- 2 cloves garlic, minced
- 1 tsp minced or grated ginger
- 2 Tbsp reduced sodium soy sauce or coconut aminos
- 1 tsp sesame oil

- 2 eggs, beaten
- 3 green onions, thinly sliced

1. Heat a large skillet or wok over medium – high heat
2. Add oil, rice and chicken and cook, stirring only once or twice for 8-10 minutes until the rice starts turning golden brown.
3. Push rice mixture to one side of pan and add onion and peas and carrots to the other side of the pan. Cook vegetables 4-5 minutes or until tender, stirring frequently.
4. Add garlic and ginger and cook until fragrant, about 1 minute.
5. Mix vegetables and rice together and add soy sauce and sesame oil, stirring to combine.
6. Push vegetables and rice to the side of the pan.
7. On the other side of the pan, add eggs and cook, stirring until scrambled. Chop up slightly.
8. Mix everything together and top with green onions.

Main Course, Side Dish
Chicken, Chinese
fried rice