

Chicken fried rice

This recipe helps you make use of leftover bits of food and is a perfect dish to make when you're cleaning out the fridge. Add your favourite vegetable and serve with a drizzle of chili oil.



Kid-friendly



Freezer-friendly



30 minutes or less



PREP TIME
20 min



COOK TIME
10 min



SERVINGS
6

Ingredients

- 30 mL (2 tbsp) vegetable oil, divided
- 2 eggs, lightly beaten
- 375 mL (1½ cups) chopped (into ½-inch pieces) cooked chicken breast
- 4 garlic cloves, minced
- 20 mL (1½ tbsp) minced fresh ginger
- 1 onion, finely diced
- 3 pieces baby bok choy, root trimmed and leaves finely chopped
- 1 L (4 cups) cooked brown rice, chilled or at room temperature
- 40 mL (2½ tbsp) sodium-reduced soy sauce
- 5 mL (1 tsp) sesame oil
- 4 scallions, thinly sliced

Directions

1. In a large wok or high-sided sauté pan, heat 15 mL (1 tbsp) of vegetable oil over medium-high heat. Pour eggs into the wok and scramble for about 1 minute or until just cooked through. Transfer to a plate and set aside.
2. Add the chicken to the wok and heat for about 4 minutes, stirring occasionally. Transfer the chicken to the plate with the eggs.
3. Heat the remaining 15 mL (1 tbsp) of oil in the wok. Add the garlic and ginger and cook for 1 minute over high heat. Add the onion and bok choy and sauté for about 3 minutes or until golden. Add the rice, soy sauce, and sesame oil. Mix well to break up rice and spread seasoning around.
4. Add cooked eggs, chicken and 30 mL (2 tbsp) of the scallions. Stir-fry for about 2 minutes or until the rice is hot.
5. Transfer to a serving bowl and sprinkle with the remaining scallions.

Tips

- ✓ If you don't have sesame oil, try using canola or peanut oil.
- ✓ You can replace fresh vegetables with frozen ones (such as peas, carrots) or canned ones (such as baby corn, water chestnuts, heart of palms).
- ✓ Make a vegetarian version by replacing the chicken with tofu or edamame.
- ✓ Your little chefs can help you measure out ingredients. Chances are, because they've helped, they'll enjoy eating it too!



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