

Chicken Fried Rice with Vegetables



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Why call for take out from your favorite Chinese restaurant when you can make this quick and easy chicken fried rice recipe at home? Use leftover rice and frozen vegetables to make this rice dish even easier.

Yield: 4 Servings

Cost per Serving: \$1

Recipe from
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Recipe Time

Prep: 7 Minutes

Cook: 15 Minutes

Nutritional Information

Calories 516

Fat 23 g

Satfat 4 g

Protein 31 g

Carbohydrate 49 g

Fiber 2 g

Cholesterol 211 mg

Sodium 593 mg

Ingredients

1/2 (12 oz.) chicken breast, chopped

2 tablespoons soy sauce

2 teaspoons sesame oil

1/4 cup vegetable oil

3/4 cup chopped onion

1/2 (10 oz.) package frozen mixed vegetables, thawed

4 cups cooked white rice

3 eggs

Kosher salt

Black pepper

Preparation

In a medium bowl, toss chicken with soy sauce and sesame oil. Cover and marinate at room temperature for 10 minutes.

Heat a large nonstick skillet over medium-high heat. Add chicken and marinade and stir-fry until chicken is cooked through, 3 to 4 minutes. Transfer chicken to a plate; set aside. Add vegetable oil to skillet and heat over medium heat. Add onion and cook for 3 minutes. Stir in vegetables and cook for 1 minute. Increase heat to medium-high, stir in rice until incorporated and cooked through, 3 minutes.

Using a wooden spoon, form a well in mixture. Add eggs and scramble within well just until soft. Then break apart and mix into rice; season with salt and pepper. Let cook undisturbed until a golden crust forms, about 1 minute. Turn rice with a spatula and cook other side. Repeat 2 or 3 times until rice is uniformly golden. Add chicken and stir to combine. Serve warm.