

15-Minute Egg Fried Rice - Fast, Satisfying, and Family-Friendly

Got extra rice? You've got dinner. This



TIME
20 min

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INGREDIENTS

- 3 cups cooked white rice (preferably day-old)
- 2 tbsp oil (vegetable or sesame oil works best)
- 1 cup frozen peas and carrots, thawed
- 1 onion, chopped
- 1 tbsp minced garlic (about 3 cloves)
- 2 eggs, lightly beaten
- 3 tbsp soy sauce
- Ground black pepper, to taste
- Optional garnish: chopped green onions

DIRECTIONS

1. SautØ the Base: Heat oil in a large skillet or wok over medium heat.
2. Add onion and garlic, sautØ for 1-2 minutes until fragrant and soft.
3. Cook the Veggies: Stir in peas and carrots. Cook for another 2-3 minutes until tender.
4. Scramble the Eggs: Push everything to one side of the pan.
5. On the empty side, pour in beaten eggs. Scramble gently until just cooked.
6. Add the Rice and Sauce: Add cold rice to the pan.
7. Pour in soy sauce and mix everything together, breaking up clumps of rice.
8. Stir-fry for 3-5 minutes until everything is heated through.
9. Season and Serve: Add ground black pepper to taste.
10. Garnish with green onions if using.
11. Serve hot and enjoy!

SWAPS & NOTES

Rice : Jasmine, basmati, or even brown rice works well.
Oil : Toasted sesame oil adds an amazing nutty depth.

Veggies : Add bell peppers, corn, baby spinach, or bean sprouts for variety.

Protein : Stir in cooked chicken, shrimp, or tofu to make it heartier.

TIPS FOR SUCCESS

Use cold rice : Freshly cooked rice can turn mushy.

Refrigerated rice fries beautifully.

Hot pan = better texture : Make sure your skillet is hot enough to give the rice a slight crisp.

Don't overcrowd the pan : If doubling the recipe, cook in batches for the best results.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/15-minute-egg-fried-rice-fast-satisfying-and-family-friendly/>