

Fried Rice Burrito Frenzy: The Best Food Fusion You Never Knew You Needed

Ingredients for the Burrito Frenzy



OVEN
375°F

TIME
15 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

2 cups cooked rice (day-old white or jasmine rice is essential)
4 slices cooked turkey bacon, chopped
1 cup cooked chicken breast, diced (optional, for extra protein)
2 large eggs, lightly beaten
1 cup frozen mixed vegetables (a classic blend of peas, carrots, and corn works great), thawed
1/4 cup chopped green onions
2 tbsp soy sauce (use low-sodium if preferred)
1 tbsp sesame oil or vegetable oil
1/2 tsp garlic powder
1/2 tsp onion powder
Salt and black pepper to taste
4 large flour tortillas (burrito size)
Butter or oil for grilling

Swaps and Notes:

The Rice is Right: You must use cold, day-old rice. Freshly cooked rice is too moist and will result in a sticky, gummy filling instead of distinct grains of fried rice.

Protein Play: This is a great recipe for leftover rotisserie chicken. You could also use ground pork, small cooked shrimp, or crispy tofu for a vegetarian option.

Veggie Variety: Feel free to use any stir-fry friendly vegetables you have on hand. Finely

chopped broccoli, bell peppers, edamame, or mushrooms would all be fantastic.

Flavor Boost: For a spicier kick, add a teaspoon of sriracha, chili garlic sauce, or a pinch of fresh grated ginger to the fried rice.

Tortilla Tip: Before filling, warm your tortillas for 15-20 seconds in the microwave. This makes them softer and much more pliable, preventing cracks when you roll them.

How to Make Fried Rice Burritos:

Step 1: Prepare the Fried Rice:

Step 2: Assemble the Burritos:

Step 3: Grill the Burritos to Perfection:

Step 4: Serve and Enjoy:

Dipping Sauces and Serving Ideas:

Yum Yum Sauce

Sriracha Mayo

Sweet Chili Sauce

Duck Sauce

A simple mix of soy sauce and ginger

Storing and Reheating:

More Creative Recipes You'll Love:

Easy Cheese-Stuffed Chicken Wontons with Ranch:

Another incredible Asian-inspired appetizer that's always a hit.

These Easy Turkey Wings Are My Favorite Comfort Food for Lazy Sundays: Bought turkey bacon for this recipe? Try my amazing turkey wings next!

This Mexican Chicken and Rice Casserole Is My Favorite One-Pan Dinner: For a more traditional, but equally delicious, way to combine chicken and rice.

DIRECTIONS

1. **Prep :** Time: 15 minutes | **Cooking Time:** 15 minutes | **Total Time:** 30 minutes **Yields:** 4 burritos | **Calories:** Approx. 580 per burrito
2. **Step 1: Prepare the Fried Rice:** Heat the sesame oil (or vegetable oil) in a large skillet, wok, or flat-top griddle over medium-high heat. Pour in the lightly beaten eggs and scramble them, breaking them into small pieces as they cook. Once cooked, push the eggs to one side of the skillet.
3. Add the chopped turkey bacon to the other side of the skillet and cook for 2-3 minutes until it's heated through and gets a little crispy. Add the diced cooked chicken (if using) and the thawed mixed vegetables. Stir everything together and let it cook for another 2 minutes, allowing the vegetables to heat up.
4. Add the cold, day-old rice to the skillet. Use your spatula to break up any large clumps. Sprinkle the garlic powder, onion powder, salt, and pepper over the rice. Pour the soy sauce over everything and toss vigorously to combine all the ingredients. Cook, stirring frequently, until the rice is completely heated through. Finally, stir in the chopped green onions and remove the skillet from the heat.
5. **Step 2: Assemble the Burritos:** Lay a warm tortilla on a flat surface. Spoon about a quarter of the fried rice mixture into the center. Be generous, but don't overstuff it, or it will be difficult to roll. Fold in the left and right sides of the tortilla, then tightly roll it up from the bottom to create a compact burrito. Repeat with the remaining tortillas and filling.

6. Step 3: Grill the Burritos to Perfection: Heat a clean skillet or griddle over medium heat. Lightly grease it with a bit of butter or oil. Carefully place the burritos on the skillet, seam-side down. Grill for 2-3 minutes per side, until the tortilla is beautifully golden brown, crispy, and grill marks appear.
7. Step 4: Serve and Enjoy: Serve the burritos immediately while they're hot and crispy. They are fantastic on their own or with your favorite dipping sauce.
8. Dipping Sauces and Serving Ideas: These burritos are a meal in themselves, but a great dipping sauce can take them to the next level. Try serving them with:
9. Yum : Yum Sauce
10. Sriracha : Mayo
11. Sweet : Chili Sauce
12. Duck : Sauce
13. A simple mix of soy sauce and ginger
14. Storing and Reheating: If you have leftovers, wrap each burrito individually in aluminum foil and store them in the refrigerator for up to 3 days. To reheat, I recommend placing them in a dry skillet over medium heat or in an air fryer at 375°F for a few minutes. This will make the outside wonderfully crispy again, something a microwave just can't do.
15. More Creative Recipes You'll Love: If you enjoy fun fusion dishes and creative ways to use everyday ingredients, you have to check out these other favorites from the blog:
16. Easy : Cheese-Stuffed Chicken Wontons with Ranch: Another incredible Asian-inspired appetizer that's always a hit.
17. These : Easy Turkey Wings Are My Favorite Comfort Food for Lazy Sundays: Bought turkey bacon for this recipe? Try my amazing turkey wings next!
18. This : Mexican Chicken and Rice Casserole Is My Favorite One-Pan Dinner: For a more traditional, but equally delicious, way to combine chicken and rice.
19. These : Sheet Pan Quesadillas Are My Favorite Way to Feed a Crowd Fast: Love a good handheld meal? These quesadillas are another must-try.
20. A Light, : Tangy Chicken Salad I Actually Crave (And There's No Mayo!): Looking for another unique way to use up leftover cooked chicken? This is it!
21. Final Thoughts: The Turkey Bacon Fried Rice Burrito is a testament to the magic that can happen when you color outside the culinary lines. It's a quick, resourceful, and ridiculously tasty meal that will have everyone asking for the recipe.
22. Give this fusion frenzy a try and let me know what you think! Leave a comment and a rating below, and don't forget to tell me if you came up with your own creative fillings. Follow ChefManiac on social media for more recipes that are guaranteed to liven up your kitchen!

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

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