

Garlic Chicken Fried Rice: A Quick and Flavorful Meal

Looking for a simple yet incredibly satisfying dish that's ready in minutes? This



TIME
30 min

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INGREDIENTS

- 2 cups cooked white rice, chilled
- 2 chicken breasts, diced
- 2 cloves garlic, minced
- 1 cup mixed vegetables (peas, carrots, and corn)
- 2 eggs, beaten
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- Salt and pepper to taste
- Green onions for garnish (optional)

Directions:

Heat a large skillet or wok over medium heat.

Add a little oil and cook the diced chicken until golden brown and cooked through (about 5-7 minutes).

Remove the chicken from the pan and set it aside.

In the same skillet, add a bit more oil if needed.

SautØ the minced garlic for 30 seconds, until fragrant.

Toss the mixed vegetables into the skillet and cook for 2-3 minutes, until heated through and slightly tender.

Push the vegetables to one side of the skillet.

Pour the beaten eggs into the empty space and scramble until fully cooked.

Add the chilled rice to the skillet, breaking up any clumps.

Stir everything together to combine the eggs, vegetables, and chicken.

Pour the soy sauce and sesame oil over the rice mixture.

Mix well and season with salt and pepper to taste.

Garnish with chopped green onions (if desired) and serve the Garlic Chicken Fried Rice hot.

Tips for Perfect Garlic Chicken Fried Rice:

Use Chilled Rice: Freshly cooked rice can be too soft and sticky for fried rice. Chilled rice helps create the ideal texture.

Customize Your Veggies: Use whatever vegetables you have—broccoli, bell peppers, or snap peas work wonderfully.

Amp Up the Garlic: Love garlic? Add an extra clove or two for a bolder flavor.

Why It's Perfect for Busy Nights:

DIRECTIONS

1. Prepare the Chicken
2. Heat a large skillet or wok over medium heat.
3. Add a little oil and cook the diced chicken until golden brown and cooked through (about 5-7 minutes).
4. Remove the chicken from the pan and set it aside.
5. 2. Sauté the Garlic
6. In the same skillet, add a bit more oil if needed.
7. Sauté the minced garlic for 30 seconds, until fragrant.
8. 3. Add the Vegetables
9. Toss the mixed vegetables into the skillet and cook for 2-3 minutes, until heated through and slightly tender.
10. 4. Scramble the Eggs
11. Push the vegetables to one side of the skillet.
12. Pour the beaten eggs into the empty space and scramble until fully cooked.
13. 5. Combine the Rice
14. Add the chilled rice to the skillet, breaking up any clumps.
15. Stir everything together to combine the eggs, vegetables, and chicken.
16. 6. Season the Fried Rice
17. Pour the soy sauce and sesame oil over the rice mixture.
18. Mix well and season with salt and pepper to taste.
19. 7. Serve
20. Garnish with chopped green onions (if desired) and serve the Garlic Chicken Fried Rice hot.

21. **Tips for Perfect Garlic Chicken Fried Rice:** Use Chilled Rice: Freshly cooked rice can be too soft and sticky for fried rice. Chilled rice helps create the ideal texture.
22. **Customize : Your Veggies:** Use whatever vegetables you have-broccoli, bell peppers, or snap peas work wonderfully.
23. **Amp : Up the Garlic:** Love garlic? Add an extra clove or two for a bolder flavor.
24. **Why It's Perfect for Busy Nights:** Garlic Chicken Fried Rice is not only quick and easy but also endlessly adaptable. Whether you're cooking for the family or meal prepping for the week, it's a foolproof recipe that delivers every time. Plus, with its rich flavors and colorful ingredients, it's as satisfying to look at as it is to eat!
25. **Enjoyed this recipe?** Be sure to visit I Wuv Cooking for more amazing meals that are as easy as they are delicious. Share your version of this Garlic Chicken Fried Rice in the comments, and follow for more quick, flavorful recipes.

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