

## Easy Chicken Fried Rice: A Quick Weeknight Meal

Here's what you'll need to create this fantastic homemade chicken fried rice:



**TIME**  
**2-3 min**

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### INGREDIENTS

- 2 cups cooked rice (preferably day-old, chilled)
- 1 cup cooked, shredded chicken
- 2 eggs, lightly beaten
- 1/2 cup chopped onions
- 1/4 cup chopped carrots (finely diced for quick cooking)
- 1/4 cup green peas (frozen or fresh)
- 2-3 chopped spring onions (green onions), divided
- 2 tbsp soy sauce (low-sodium preferred)
- 1 tbsp oil (sesame oil for flavor, or vegetable oil for searing)
- Salt & pepper to taste

#### Swaps and Notes:

**Rice:** Day-old, cooked white rice (like jasmine or basmati) is highly recommended. Freshly cooked rice has too much moisture and will result in a gummy texture. If you only have fresh rice, spread it out on a baking sheet and let it dry out for an hour or two, or even chill it in the fridge briefly.

**Chicken:** Leftover roasted chicken, rotisserie chicken, or even poached chicken works perfectly. If you don't have cooked chicken, quickly sauté diced raw chicken breast or thigh before adding vegetables.

**Vegetables:** Feel free to swap or add other quick-cooking vegetables like diced bell peppers, corn, green beans, or mushrooms. For a heartier one-pan meal, my [This Mexican Chicken and Rice Casserole Is My Favorite One-Pan Dinner That's Always a Hit](#) is another great option.

**Soy Sauce:** Use low-sodium soy sauce to control the saltiness. For a richer, darker color and deeper flavor, a touch of dark soy sauce can be added.

**Oil:** Sesame oil adds a fantastic nutty aroma, but regular vegetable oil is also fine. A combination of both is ideal.

**Protein Boost:** You can add a handful of cooked shrimp along with the chicken for a combination fried rice.

## DIRECTIONS

1. Making perfect fried rice is all about sequence and a hot pan. Here's how to do it:
2. Scramble : Eggs: Heat 1 teaspoon of oil (vegetable or sesame) in a large skillet or wok over medium-high heat. Add the lightly beaten eggs and quickly scramble them, breaking them into small pieces. Cook until just set, then remove the scrambled eggs from the pan and set them aside.
3. SautØ Veggies: In the same pan, add a little more oil (about 1 tablespoon, or to coat the bottom). Increase the heat to high. Add the chopped onions, carrots, and green peas. SautØ for 2-3 minutes, stirring constantly, until the vegetables are slightly tender-crisp. You want them cooked but still with a bit of bite.
4. Add : Chicken: Stir in the shredded chicken with the sautØed vegetables. Cook for another 2-3 minutes, stirring occasionally, to heat the chicken through and allow its flavors to meld with the vegetables.
5. Mix in : Rice: Add the cooked, day-old rice to the pan. Break up any clumps of rice with your spatula and stir vigorously to combine the rice with the chicken and vegetables. Continue to cook for 3-5 minutes, allowing the rice to heat through and get a little "fried" texture.
6. Season : It: Pour the 2 tablespoons of soy sauce evenly over the rice mixture. Season with salt and pepper to taste. Stir everything well to ensure the soy sauce is evenly distributed and the rice is coated. Taste and adjust seasonings as needed.
7. Finish with : Eggs & Spring Onions: Finally, return the scrambled eggs to the pan. Add most of the chopped spring onions (reserve a small amount for garnish). Toss everything together for 1-2 minutes to fully

combine and ensure all ingredients are hot.

8. **Serve :** Hot: Transfer the chicken fried rice to serving plates. Garnish with the remaining fresh chopped spring onions. Serve hot and enjoy immediately!

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

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