

## Better Than Takeout Chicken Fried Rice: A 20-Minute Recipe

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**TIME**  
**15 min**

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**ChefManiac**

### INGREDIENTS

- 2 cups cooked shredded chicken
- 4 cups cooked white rice, chilled
- 2 cloves garlic, minced
- 1 onion, diced
- 2 spring onions, sliced (whites and greens separated)
- 2 cups mixed diced vegetables (peas, carrots, corn), fresh or frozen
- 2 eggs, beaten
- 2 tablespoons vegetable oil (or peanut oil)
- 2 teaspoons sesame oil
- 2 tablespoons soy sauce
- 2-3 tablespoons oyster sauce
- 1 tablespoon sugar
- White pepper and salt to taste

#### Swaps and Notes:

**Rice:** The key to perfect fried rice is using cold, day-old rice. If you don't have leftover rice, you can cook some fresh, spread it on a baking sheet, and pop it in the fridge or freezer for 15 minutes to cool down.

**Chicken:** Cooked, shredded chicken is great for this recipe. You can also use diced, cooked chicken, shrimp, ham, or even tofu.

**Veggies:** Frozen mixed vegetables are a fantastic shortcut. You can also use any fresh veggies you have on hand, like bell peppers, broccoli, or

mushrooms.

**Soy Sauce:** Low-sodium soy sauce is a great option if you're watching your salt intake.

**Oyster Sauce:** This is a key ingredient that gives the fried rice a deep, umami flavor. Don't skip it!

**Step-by-Step Instructions:**

**Prep the Ingredients:** Have all your ingredients prepped and ready to go by the stove. Fried rice cooks fast!

**Scramble the Eggs:** Heat 1 tablespoon of vegetable oil in a large skillet or wok over medium-high heat. Add the beaten eggs and scramble until they're cooked through. Remove the eggs from the pan and set them aside.

**Sautø the Veggies:** Add the remaining 1 tablespoon of vegetable oil to the pan. Add the diced onion and the white parts of the sliced spring onions and cook for 2-3 minutes until they begin to soften. Add the minced garlic and frozen mixed vegetables and cook for another 3-4 minutes until the vegetables are tender.

**Add the Rice and Chicken:** Add the cold, cooked rice and the shredded chicken to the pan. Break up any clumps of rice and stir-fry for a few minutes until everything is heated through.

**Make the Sauce:** In a small bowl, whisk together the soy sauce, oyster sauce, sugar, and white pepper. Pour the sauce over the rice mixture and stir to combine.

**Add the Eggs and Finish:** Add the scrambled eggs back to the pan and stir everything together. Remove from the heat. Drizzle with sesame oil and sprinkle with the green parts of the sliced spring onions.

**Serve:** Serve the chicken fried rice immediately.

**Tips for Success:**

**Cold Rice is Key:** This is the most important tip! Cold rice is drier and will create a fluffy, non-clumpy fried rice.

**Don't Overcrowd the Pan:** Cook in batches if you need to. Overcrowding the pan will cause the ingredients to steam instead of stir-fry, resulting in a soggy fried rice.

**High Heat, Fast Cook:** Use a high heat and stir constantly to get that classic fried rice flavor.

**Use the Right Oils:** Use a neutral oil like vegetable or peanut oil for cooking. Save the sesame oil for the very end, as it's a finishing oil with a low smoke point.

**Serving Suggestions and Pairings:**

**Nutritional Information (per serving, approximate):**

**Calories:** 500 kcal

## DIRECTIONS

1. **Prep the Ingredients:** Have all your ingredients prepped and ready to go by the stove. Fried rice cooks fast!
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12. **Serving Suggestions and Pairings:** This Better Than Takeout Chicken Fried Rice is a complete meal on its own. It's so flavorful and satisfying that you don't need much else. You can serve it with a side of steamed dumplings or a simple green salad. For a full feast, you could also serve it alongside a hearty bowl of Cajun Chicken Sausage Gumbo.
13. **Nutritional Information (per serving, approximate):**  
Calories: 500 kcal
14. **Carbohydrates:** 60g
15. **Protein:** 30g
16. **Fat:** 20g
17. **Saturated : Fat:** 5g
18. **Cholesterol:** 100mg
19. **Sodium:** 900mg
20. **Fiber:** 4g
21. **Sugar:** 5g
22. **Disclaimer:** Nutritional values are estimates and can vary based on specific ingredients and portion sizes.
23. **Storage and Leftover Tips:** Leftovers of this fried rice are fantastic! Store them in an airtight container in the refrigerator for up to 3 days. To reheat, you can warm them gently in a skillet on the stovetop or in the microwave. The rice might be a little less fluffy, but the flavor will still be delicious.
24. **More Recipes You'll Love:** If you enjoy easy, savory, and satisfying meals, you might also like these other recipes:
25. **This : Mexican Chicken and Rice Casserole** is my favorite one-pan dinner that's always a hit

## SWAPS & NOTES

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