

The Best Mixed-Meat Fried Rice Recipe for Fast Weeknight Meals

Color-Packed Fried Rice Fiesta: The Ultimate Weeknight Clean-Out-The-Fridge Meal



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30 min

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INGREDIENTS

Swaps and Notes for Success:

The Rice Rule: I cannot stress this enough: use cold, day-old rice. Freshly cooked rice is too moist and will steam your ingredients, leading to a gummy texture instead of a crisp, restaurant-style stir-fry.

Protein Swaps: If you don't have all three, you can substitute with pork, steak, or double up on chicken. For a vegetarian version, use firm tofu and load up on mushrooms.

Vegetable Variety: Feel free to swap carrots and corn for broccoli, diced bell peppers, shredded cabbage, or mushrooms. Just ensure hard veggies like broccoli are cut small or pre-blanching.

Sauce Control: If you prefer less sodium, use coconut aminos or tamari. A dash of oyster sauce (1 tsp) can also add a wonderful umami depth.

DIRECTIONS

1. **The key to a great fried rice is high heat and quick cooking.** Work in a large skillet or, ideally, a wok.
2. **Prep the Proteins:** Add 1 tablespoon of cooking oil to your skillet over high heat. SautØ the sausage, diced chicken, and shrimp. Cook until the chicken is golden and cooked through, and the shrimp is pink (about 4-5 minutes). Remove all cooked protein from the pan and set it aside.
3. **Scramble the Eggs:** In the same pan, add a splash more oil. Pour in your beaten eggs and quickly scramble them until set, breaking them into small pieces. Remove the eggs from the pan and set them aside with the other proteins.
4. **SautØ the Aromatics and Veggies:** Add another tablespoon of oil to the hot pan. Add the minced garlic and the white parts of the green onions (save the green tops for garnish). SautØ for 30 seconds until fragrant. Add the chopped carrots and stir-fry for 2-3 minutes until they begin to tenderize. Toss in the sweet corn and cook for another minute.
5. **Toss in the Rice:** Push the vegetables aside and add the cold cooked rice to the center of the pan. Break up the rice with your spatula and let it heat through for 1-2 minutes.
6. **Combine and Finish:** Return all the cooked proteins and scrambled eggs to the pan. Drizzle the soy sauce over the rice and ingredients. Stir-fry aggressively, ensuring everything is well combined and the rice is coated in the sauce. The total stir-fry time here is about 2-3 minutes.
7. **Serve:** Remove the pan from the heat. Drizzle with sesame oil, toss, and garnish heavily with the

reserved chopped green onion tops. Serve immediately while hot.

SWAPS & NOTES

Protein Raw Shrimp (peeled & deveined) 8 oz Medium-sized works best.

Diced Chicken Breast 1 cup Cut into small, even, bite-sized pieces.

Sliced Smoked Sausage 1 cup Andouille, Kielbasa, or your favorite smoked variety.

Eggs 2 large Scrambled separately and set aside.

TIPS FOR SUCCESS

Don't Crowd the Pan: Stir-frying needs high heat to cook, not steam.

If you have a smaller pan, cook the proteins in batches.

Crowding the pan drops the temperature and results in soggy fried rice.

High Heat is Your Friend: Keep your burner on medium-high to high heat throughout the entire process.

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

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