

Chef-Style Fiesta Fried Rice Recipe: A Flavorful Mix of Proteins and Fresh Veggies

The Ultimate Fiesta Fried Rice: A Colorful One-Pan Meal for Any Occasion



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30 min

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INGREDIENTS

Proteins: 1/2 lb Shrimp (peeled and deveined), 1 large Chicken breast (diced), and 2-3 links of your favorite Sausage (sliced into rounds).

The Base: 3-4 cups of cooked white rice (day-old rice works best!).

The Aromatics: 3 cloves of Garlic (minced) and 2 tbsp Oil (vegetable or canola).

The Veggies: 2 Carrots (finely chopped) and 1 cup Sweet corn (fresh, canned, or frozen).

The Finish: 3 Eggs (lightly beaten), 1/4 cup Soy sauce, and a bunch of Green onions (chopped).

Swaps and Notes:

The Rice: Always use cold, precooked rice. Freshly cooked rice is too moist and will turn mushy. If you want a different flavor profile, you might enjoy comparing this to the rice texture in my Mexican Chicken and Rice Casserole.

The Sausage: Smoked andouille adds a kick, but Kielbasa or even Italian sausage works beautifully here.

Vegetarian Option: Skip the meat and add extra veggies like peas, bell peppers, or broccoli.

Step-by-Step Instructions:

Sear the Proteins: Heat 1 tablespoon of oil in a large wok or skillet over medium-high heat. Add the sliced sausage, diced chicken, and shrimp. Sauté until the chicken is cooked through and the shrimp are pink and opaque. Remove them from the pan and

set aside.

SautØ the Aromatics and Veggies: In the same pan, add another tablespoon of oil if needed. Throw in the minced garlic, chopped carrots, and sweet corn. Cook for 3-4 minutes until the carrots start to soften.

The Egg Scramble: Push the vegetables to the outer edges of the pan to create a "well" in the center. Pour your beaten eggs into the middle. Let them sit for 30 seconds, then gently scramble them until just set.

The Big Mix: Return the cooked proteins to the pan. Add the cold rice on top. Pour the soy sauce over the rice and use a spatula to toss everything together.

Crisp and Serve: Press the rice down into the pan for a minute to let it get slightly crispy on the bottom. Toss one last time with the green onions and serve hot!

Tips for Success:

High Heat is Key: Fried rice needs high heat to "fry" rather than "steam."

Don't Overcrowd: If your pan isn't large enough, cook in two batches. Overcrowding drops the temperature and leads to soggy rice.

Garlic Timing: Don't add the garlic too early; it can burn and turn bitter. Adding it with the veggies ensures it flavors the oil without scorching.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 410 kcal

Protein: 28g

Carbohydrates: 45g

Fat: 14g

Sodium: 890mg

Storage and Leftover Tips:

Fridge: Store leftovers in an airtight container for up to 3 days.

Reheating: The best way to reheat fried rice is back in a skillet with a tiny splash of water or extra soy sauce to revive the moisture.

Freezing: You can freeze this rice for up to a month. Thaw in the fridge overnight before reheating.

More Recipes You Will Love:

Sheet Pan Quesadillas for a Crowd - Perfect for when you need to feed a group fast!

Mexican Chicken and Rice Casserole - Another one-pan wonder that the whole family loves.

Final Thoughts:

DIRECTIONS

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Rice is a complete meal on its own, but it pairs wonderfully with a few side dishes for a full spread. For a crunchy appetizer, I highly recommend trying these Easy Cheese Stuffed Chicken Wontons.

10. If you want to keep the "one-pan" theme going for your weekly meal prep, you might also like this Tomato Skillet with Okra and Sausage. To wash it all down, a tall glass of Refreshing Blueberry Lemonade is the perfect sweet-tart balance to the savory soy sauce.
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19. More Recipes You Will Love: If you enjoyed the easy, crowd-pleasing nature of this dish, you have to try these other favorites from the blog:
20. Sheet : Pan Quesadillas for a Crowd - Perfect for when you need to feed a group fast!
21. Mexican : Chicken and Rice Casserole - Another one-pan wonder that the whole family loves.
22. Final Thoughts: This Fiesta Fried Rice is proof that you don't need a lot of time or fancy equipment to make a meal that feels special. It's colorful, nutritious, and incredibly satisfying.
23. I'd love to hear how yours turned out! Leave a comment below or tag me in your photos on social media. Don't forget to follow ChefManiac for more easy, delicious recipes delivered right to your inbox!

SWAPS & NOTES

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

Original recipe: <https://chefmaniac.com/chef-style-fiesta-fried-rice-recipe-a-flavorful-mix-of-proteins-and-fresh-veggies/>