

## Better-Than-Takeout Fried Rice (Pantry Staples, 25 Minutes)

fast, easy, and made from what's already in your kitchen

**TIME**  
**25 min**

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**ChefManiac**

### INGREDIENTS

3 cups cold cooked white rice (day-old preferred)  
2 tablespoons vegetable oil, divided  
2 large eggs, lightly beaten  
1/2 cup frozen peas and carrots  
1/4 cup finely diced yellow onion  
2 cloves garlic, minced  
3 tablespoons soy sauce  
1 teaspoon sesame oil  
1/4 teaspoon black pepper  
2 green onions, sliced  
Optional: 1/2 cup diced cooked chicken, ham, or shrimp

### DIRECTIONS

1. Scramble the eggs. Heat 1 tablespoon oil in a large skillet or wok over medium-high heat. Add beaten eggs and scramble until just set. Remove to a plate.
2. Saut  onion and garlic. Add remaining oil. Cook onion 2-3 minutes until softened, then add garlic for 30 seconds.
3. Heat the veggies. Add peas and carrots; cook 2-3 minutes until hot.
4. Fry the rice. Add cold rice, breaking up clumps. Stir-fry 3-4 minutes until heated and lightly crisped.
5. Season and combine. Return eggs (and optional protein). Add soy sauce, sesame oil, and black pepper. Toss well.
6. Toast and finish. Cook 1-2 minutes more so everything lightly toasts. Stir in green onions and serve hot.

### SWAPS & NOTES

Rice options: Jasmine, long-grain, or even brown rice works-just keep it cold and cooked ahead.

Low-sodium soy sauce: Great if you're salt-sensitive; taste and adjust at the end.

You'll still get a tasty fried rice, but that nutty finish is what makes it feel "restaurant." Veggie swaps: Frozen corn, chopped broccoli, diced bell pepper, or shredded cabbage all work.

Add-ins: A pinch of ginger, a squirt of sriracha, or a spoon of chili crisp can take it in a spicy direction.

### TIPS FOR SUCCESS

If you only have fresh rice, spread it on a tray and chill it 20-30 minutes.

Use high heat (but don't burn the garlic).

If your skillet is small, cook in two batches for better crisping.

Add soy sauce around the edge of the pan (not just on top of the rice) for better caramelization and flavor.

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

Original recipe: <https://chefmaniac.com/better-than-takeout-fried-rice-pantry-staples-25-minutes/>