

## The Ultimate Mixed Protein Fried Rice Recipe

Colorful Shrimp and Chicken Fried Rice

**TIME**  
**30 min**

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**ChefManiac**

### INGREDIENTS

- 1/2 lb shrimp, peeled and deveined
- 1 chicken breast, diced
- 1 sausage link, sliced
- 2 eggs, beaten
- 1 cup carrots, chopped
- 1/2 cup sweet corn
- 3 green onions, chopped
- 3 cups cooked rice (preferably day-old)
- 2 tablespoons soy sauce
- 2 cloves garlic, minced
- 2 tablespoons vegetable oil

### DIRECTIONS

- 1. Cook the Proteins:** Heat 1 tablespoon of oil in a large skillet or wok over medium-high heat. Add sausage, chicken, and shrimp. Cook until golden and fully cooked through. Remove and set aside.
- 2. Sauté the Vegetables:** Add the remaining tablespoon of oil. Sauté garlic, carrots, and corn until tender and fragrant.
- 3. Scramble the Eggs:** Push vegetables to one side of the pan. Pour beaten eggs into the empty side and scramble until fully cooked.
- 4. Combine Everything:** Return cooked meats to the pan. Add rice and soy sauce. Stir thoroughly, breaking up any clumps and ensuring everything is evenly coated.
- 5. Finish & Serve:** Stir in green onions and cook for another minute. Serve hot.

### SWAPS & NOTES

**Rice matters:** Day-old rice works best because it's drier and prevents mushy fried rice.

**Swap proteins:** Use ham, bacon, or tofu instead of sausage.

**Add heat:** A drizzle of sriracha or chili flakes adds a spicy kick.

**Low-sodium option:** Use reduced-sodium soy sauce.

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

Original recipe: <https://chefmaniac.com/the-ultimate-mixed-protein-fried-rice-recipe/>