

## Quick & Delicious: Easy Fried Rice Ready in Just 20 Minutes

If you're on the hunt for a quick and flavorful meal, this



**TIME**  
**20 min**

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### INGREDIENTS

- 3 cups cooked rice (preferably day-old)
- 2 tbsp vegetable oil (or sesame oil for added flavor)
- 1 small onion, finely diced
- 2 cloves garlic, minced
- 1 cup mixed vegetables (like peas, carrots, and corn)
- 2 eggs, beaten
- 3 tbsp soy sauce (adjust to taste)
- Optional: cooked chicken, shrimp, or tofu for added protein
- Green onions and sesame seeds for garnish

#### Instructions:

**Prepare the Ingredients:** If you're using fresh rice, spread it on a tray and let it cool to prevent it from becoming mushy. Chop your vegetables and prepare your protein if desired.

**Sauté Aromatics:** Heat the oil in a large pan or wok over medium heat. Add the diced onion and cook until translucent. Toss in the minced garlic and stir until fragrant, about 30 seconds.

**Cook the Vegetables:** Add the mixed vegetables to the pan and stir-fry for 2-3 minutes, until they're tender but still vibrant.

**Scramble the Eggs:** Push the vegetables to one side of the pan. Pour the beaten eggs into the other side and scramble them until cooked through. Mix them with the vegetables.

**Add the Rice:** Increase the heat to high and add the rice to the pan. Stir-fry for 3-4 minutes, breaking up any clumps and ensuring everything is evenly mixed.

**Season the Rice:** Pour the soy sauce over the rice and mix thoroughly. Add your cooked protein at this stage, if using, and cook until heated through.

**Garnish and Serve:** Top with sliced green onions and a sprinkle of sesame seeds. Serve hot and enjoy your homemade fried rice!

**Tips for Perfect Fried Rice:**

**Use Day-Old Rice:** Freshly cooked rice can be too sticky. Day-old rice is firmer, making it ideal for frying.

**Customize Your Protein:** Add cooked chicken, shrimp, or tofu for extra flavor and protein.

**Adjust the Seasoning:** Taste as you go and add more soy sauce or a splash of rice vinegar for a tangy twist.

**Why You'll Love This Recipe:**

## DIRECTIONS

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11. Why You'll Love This Recipe: This fried rice recipe is quick, versatile, and utterly delicious. It's a fantastic way to use up leftovers, and the possibilities for customization are endless. Whether you're cooking for yourself or a crowd, this dish is sure to please. Plus, it's ready in just 20 minutes-perfect for busy evenings!
12. Did you enjoy this : Easy Fried Rice recipe? Let me know in the comments, and don't forget to check out the original recipe on [iwuvcooking.com](https://iwuvcooking.com). Follow me for more quick, delicious, and family-friendly meal ideas!

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Original recipe: <https://chefmaniac.com/quick-delicious-easy-fried-rice-ready-in-just-20-minutes/>