

Helergon Kitchen

Better Than Takeout Chicken Fried Rice

10 min Prep time	**12 min** Cook time	**22 min** Total time
4 Servings	**Easy** Difficulty	**Asian-style** Cuisine

Ingredients

Main Ingredients

- [ ] 3 cups (480 g) day--old jasmine rice, refrigerated
- [ ] 8 oz (225 g) cooked chicken breast, shredded
- [ ] 2 large eggs, lightly beaten
- [ ] 1 cup frozen peas and carrots
- [ ] 1 small yellow onion, diced
- [ ] 1 clove garlic, minced

Sauce and Oil

- [ ] 2 tbsp sesame oil, divided
- [ ] 3 tbsp soy sauce
- [ ] 1 tsp vegetable oil

Garnish

- [ ] 2 tsp toasted sesame seeds, optional
- [ ] 2 tbsp green onions, sliced (green part only)
- [ ] Salt and freshly ground black pepper, to taste

Instructions

1. Start by heating 1 tsp of sesame oil in your skillet over medium--high heat. Pour in those lightly beaten eggs and scramble them just until they're set. Now, just slide them onto a plate and set them aside for a bit.
2. Add the remaining 1 tsp sesame oil and the vegetable oil to that same skillet. Toss in your diced onion and minced garlic, s-autéing them for about 2 minutes until the onion looks all translucent and soft.
3. Stir in the frozen peas and carrots. Give them about 3 minutes of cooking time until they're a lovely, bright green and just tender.
4. Now, add the shredded chicken to the pan. Stir it all together for about 2 minutes just to warm the chicken through and let it soak up those onion and garlic flavors.
5. Honestly, the trick here is to break up that cold rice with your hand or a spoon first, then pour it into the skillet. Stir it well for 3 minutes, making sure the rice starts to toast lightly in the oil.
6. Drizzle the soy sauce evenly over the rice mixture and stir to coat every single grain. Add a bit of salt and pepper to taste, but do be careful to balance it with the saltiness of the soy sauce.
7. Bring those scrambled eggs back into the skillet, breaking them into small curds as you go. Mix everything together until the eggs are warm and the rice is evenly coated in that savory sauce.

8. Turn the heat up to high for another 2 minutes. This is where the magic happens-letting the bottom of the rice develop a subtle golden crust while the top stays nice and moist.

9. Remove the pan from the heat and sprinkle those toasted sesame seeds and sliced green onions over the top. Fold them in gently so they're distributed just right.

10. Well, look at that. Serve it immediately, hot, straight from the skillet for the absolute best texture and flavor.

Nutrition per serving

380 kcal	21 g	42 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Using refrigerated rice is a must to prevent clumping.
- Keep the heat high toward the end for that restaurant-style char.
- Balance the salt carefully since soy sauce varies in saltiness.