

Chicken Fried Rice



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Serves: 10



Prep & Cook Time: 25 minutes

Ingredients

1/4 cup (60 mL) vegetable oil, divided
8 eggs, beaten
3 cups (750 mL) chopped carrot
2 cups (500 mL) chopped onion
1 tbsp (15 mL) minced garlic
10 cups (2.5 L) cooked brown rice, cooled
1 1/2 cups (375 mL) each frozen corn and peas, thawed
1/3 cup (75 mL) sodium-reduced soy sauce

Assembly:

30 oz (900 g) Reuven Fully Cooked Dusted Chicken Breast Chunks (Product Code 10540)
2/3 cup (150 mL) sliced green onions



Preparation Instructions

Heat 2 tbsp (30 mL) vegetable oil on flat-top set to medium heat. Add eggs and cook, stirring occasionally, for 2 to 3 minutes or until eggs are set and small curds form. Remove from flat-top and transfer to plate.

Increase heat to medium-high. Add remaining oil; cook carrot, onion and garlic, stirring, for 5 minutes or until softened. Stir in cooked rice, corn, peas, eggs and soy sauce. Cook, stirring, for 2 to 3 minutes or until corn and peas are heated through. Keep warm.

Assembly: Prepare Dusted Chicken Breast Chunks according to package directions. For each serving, portion 1 cup (250 mL) fried rice onto plate. Top with 2 oz (60 g) cooked chicken chunks. Sprinkle with 1 tbsp (15 mL) green onions.