

# Easy Chicken Fried Rice

9 ingredients · 45 minutes · 5 servings



## Directions

1. Cook the rice according to the package directions.
2. In a large wok or pan, heat 1/3 of the oil over medium-high heat. Add the eggs and scramble them until fully cooked. Remove eggs and set aside.
3. In the same pan, add the remaining oil. Cook the chicken for three minutes over medium-high heat.
4. Add the bell peppers, snow peas, green onions, and garlic to the pan. Stir-fry until the chicken is cooked through and the vegetables are tender-crisp, three to five minutes.
5. Stir the rice and eggs into the chicken and vegetable mixture. Add the tamari and mix to coat.
6. Garnish with green onions (optional) and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

### Serving Size

One serving is approximately two cups.

### More Flavor

Use turkey breast, ground chicken, or pork instead of chicken.

### Short on Time

Use leftover cooked rice or cook your rice ahead of time.

## Ingredients

- 185 grams** Brown Rice (dry, rinsed)
- 44 milliliters** Sesame Oil (divided)
- 2** Egg (whisked)
- 454 grams** Chicken Breast (chopped)
- 1** Red Bell Pepper (medium, diced)
- 63 grams** Snow Peas (chopped)
- 4 stalks** Green Onion (chopped, plus more for garnish)
- 2** Garlic (clove, chopped)
- 44 milliliters** Tamari

## Nutrition

Amount per serving

<b>Calories</b>	367	Vitamin D	17IU
<b>Fat</b>	14g	Vitamin E	1mg
<b>Carbs</b>	32g	Vitamin K	21µg
Fiber	2g	Thiamine	0.3mg
Sugar	2g	Riboflavin	0.3mg
<b>Protein</b>	28g	Niacin	12mg
Cholesterol	140mg	Vitamin B6	1.1mg
Sodium	677mg	Folate	47µg
Potassium	540mg	Vitamin B12	0.4µg
Vitamin A	1401IU	Phosphorous	378mg
Vitamin C	40mg	Magnesium	83mg

Sue Wappett

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Calcium	35mg	Zinc	2mg
Iron	2mg	Selenium	33µg