Keegan Tackett

Junior

Protein

Henderson County

Chicken Fried Rice

Ingredients:
3 cups cooked long-grain brown rice
3/4 pound boneless skinless chicken breasts, diced into 3/4 inch pieces
1 tablespoon seasame oil, divided
1 tablespoon canola oil, divided
1 1/3 cups frozen peas and carrots blend
3 green onions chopped
2 cloves garlic minced
2 large eggs
3 tablespoons low-sodium soy ssauce
Salt and ground black pepper
Sriracha for serving (optional)

In a large non-stick wok or skillet, heat 1 1/2 teaspoons sesame oil and 1 1/2 teaspoons canola oil over medium-high heat. Once hot, add chicken pieces. Season lightly with salt and pepper and saute until cooked through, about 5 to 6 minutes. Transfer chicken to a plate and set aside.

Return skillet to medium-high heat, add remaining 1 1/2 teaspoons sesame oil and 1 1/2 teaspoons canola oil. Add peas and carrots blend and green onion and saute for 1 minute. Then add the garlic and saute 1 minute longer. Push veggies to the edges of the pan, add eggs in the center and cook and scramble.

Return chicken to the skillet along with the rice. Add in soy sauce and season with salt and pepper to taste. Serve warm with Sriracha to taste if desired.