



# Chicken, Egg, and Vegetable Fried Rice

## Ingredients:

- 4 Tbsp Canola or Vegetable Oil
- ½ lb chicken breast
- ¾ cup frozen peas and carrots
- 2 green onion, chopped
- 4 garlic clove, minced
- 3 eggs
- 2 cups cooked rice ( 1 cup uncooked)
- 2 tbsp low sodium soy sauce
- Salt and pepper to taste

## Instructions:

1. Start by cooking your rice as instructed in the package.
2. Chop chicken in cubes and add salt/pepper to taste.  
To a non-stick skillet or wok add 2 tbsp oil and heat for about 1 minute. After oil is hot add chicken and cook until golden brown in medium heat
3. Once chicken is cooked, take out of the bowl, place to the side and leave juices from chicken in skillet
4. Add 1 tbsp oil and scramble eggs for about 1 minute. Once eggs just come together, take it out, set aside.
5. Add 1 tbsp of oil and white parts of chopped green onion and cook for about 30 seconds stirring occasionally
6. Add minced garlic and cook for about 30 seconds
7. Add cooked rice and drizzle with soy sauce and additional salt and pepper if desired. Make sure to break up and clumps of rice and incorporate well
8. Add in peas and carrots and mix well. Once cooked, add chicken and egg back into the pan. Stir and enjoy!

**Prep Time:** 10 minutes

**Cooking Time:** 15 minutes

### Equipment:

- Skillet or Wok
- Measuring Cup/Spoons
- Chef's Knife
- Cutting Board
- Mixing Bowl

**Servings:** 5

**Serving Size:** ½ cup



Nutrition Information: 301kcal, 16g fat, 21g carbs, 16.9g protein, 409mg sodium

Thank You to ASUA, SHAC, UA Campus Health, and UA Campus Pantry