



Quick Chicken Fried Rice

Ingredients :

1 Tbsp sesame oil
1 lb. boneless skinless chicken
breast, diced into 1/2" pieces
1 cup frozen peas
1 cup frozen corn
3 cups rice (or preferred grain)
3-4 Tbsp soy sauce, tamari sauce,
or coconut aminos

Quick Prep Tips:

Make rice ahead (stovetop or rice cooker). Store in freezer (*up to 4 months*) or fridge (*up to 4 days*).

Cook chicken in the crockpot on high 2-2.5 hrs, chop and freeze.

Make extra scrambled eggs one morning. Store in fridge till ready to use (*up to 4 days*).

Don't thaw frozen veggies before cooking.

Directions:

- TO COOK THE CHICKEN: Add sesame oil, chicken, and cook to a large non-stick skillet or wok. Cook over medium-high heat for about 3 to 5 minutes, flipping intermittently so all sides cook evenly. Cooking time will vary based on thickness of chicken breasts and sizes of pieces. If using PRE-COOKED CHICKEN, add it thawed/semi-thawed to a wok over medium heat.
- Add the frozen veggies , and cook for about 2 minutes, or until vegetables begin to soften. Stir intermittently.
- Add the garlic and cook for 1 minute. Stir intermittently.
- Push vegetables to one side of the skillet. Add the eggs to the other side and cook to scramble, stirring as necessary. If using PREPPED EGGS, add to the skillet.
- Mix all ingredients in the pan together. Add the rice on top and drizzle with soy sauce evenly. Add optional salt and pepper. Stir to combine
- Cook for about 2 minutes, or until chicken is reheated through.

Recipe is best warm and fresh but will keep airtight in the fridge for up to 5 days or in the freezer for up to 4 months.
Makes fantastic leftovers or meal prep meals!!!!

