Chicken Fried Rice
RECIPE

Chicken Fried Rice



TIME	20 mins
INGREDIENTS	9 items
MAKES	2 servings

You won't miss your local takeaway with this quick and tasty stir fry. Ben’s Original™ Egg Fried Rice makes dinner easy.

INGREDIENTS

- Ben's Original™ Egg Fried Microwave Rice 220g
- 1tbsp Sunflower Oil
- 2 Chicken Breasts, chopped
- 1 Pepper, chopped
- 1 Carrot, chopped
- 50g Frozen Peas
- 2 Spring Onions, sliced
- 1tbsp Soy Sauce
- 1tbsp Sweet Chilli Sauce

INSTRUCTION

1. Heat the oil in a wok on a high heat. When hot, add the chicken breast and stir fry until golden. Add the peppers and carrots then stir fry until beginning to soften and the chicken is cooked through.
2. Add the frozen peas to the pan with 1tbsp water and cook until the water is evaporated. Add in the spring onions and Ben’s Original™ rice, stirring constantly.
3. Stir the soy and sweet chilli sauce into the fried rice until coated. Serve immediately and top with spring onions and sliced chilli, if you like.

NUTRITION

Amount Per Serving

- Carbohydrates (g) 41.3
- Cholesterol (mg) 130
- Dietary Fiber (g) 4.3
- Energy (kJ) 2103
- Protein (g) 51.6
- Sugars (g) 5.7
- Total Fat (g) 13.4
- Saturated Fat (g) 0.9
- Salt (g) 1.57
- Sodium (mg) 628
- Trans Fat (g) 0

Categories:

Chicken, 15-30 Min, Egg Fried, Stove Top, Easy family dinners, Lunchboxes

MORE RECIPES LIKE THIS



Sweet and Sour Chicken

Cooking time

25 mins

Ingredients

16 items



Korean Bibimbap

Cooking time

40 mins

Ingredients

17 items



Prawn Stir Fry

Cooking time

20 mins

Ingredients

10 items

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