



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 250g
- 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

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