

# Chicken Fried Rice

## Ingredients

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- 300g cooked and cooled rice
- 2 tbsp sesame oil (normal oil will do)
  - 2 tbsp dark soy sauce
  - 2 beaten eggs
- Cooked chicken – from the extra chicken portions
  - 200g mixed veg
  - 2 spring onions, sliced

## Method

1. Heat the oil in a large wok.
2. Add the rice and dark soy sauce.
3. Cook over a high heat for 5 minutes.
4. Add the chicken, veg and soy sauce and cook for 5 minutes stirring all the time.
5. Push the rice to the side and add the egg. Cook until starting to scramble then quickly stir through the rice.
6. Add some more soy sauce and spring onion and stir through.