

Chicken Fried Rice

Ingredients

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- 300g cooked and cooled rice
 - 1 tbsp oil
 - 2 tbsp soy sauce
 - 2 beaten eggs
 - 200g chicken
 - 200g mixed veg
- 2 spring onions, sliced

Method

1. Heat the oil in a large wok.
2. Add the chicken, veg and soy sauce and cook for 10 minutes, or until chicken is browned, stirring all the time.
3. Add in your rice and combine well. Cook through for a further 5 minutes. You can add additional soy sauce at this stage if needed/preferred.
4. Push the rice to the side and add the egg. Cook until starting to scramble then quickly stir through the rice. This should take another 5 minutes.
5. Finish with another dash of soy sauce and serve.

The Finer Details

Per Portion
251 Calories
21g Protein
25g Carbs
6g Fat
