

Chicken Fried Rice

Per Portion
265 Calories
9g Protein
42g Carbs
6.4g Fat



Ingredients

- 500g cooked and cooled rice
 - 200g leftover chicken
- 200g mixed frozen vegetables
 - 80ml soy sauce
 - 1 tablespoon oil
 - 2 eggs, beaten

Method

1. In a large mixing bowl, place the cold, cooked rice.
2. Add the mixed frozen vegetables to the rice.
3. Add the beaten eggs and cooked chicken to the bowl.
4. Pour the soy sauce and oil over the rice mixture.
5. Mix all the ingredients together until well combined.
6. Transfer the rice mixture to your air fryer basket.
7. Set the air fryer to 160°C and cook for about 15 minutes.
8. Stir the rice mixture three times during the cooking process to ensure even heating.
9. Once the chicken fried rice is cooked and the vegetables are tender, remove it from the air fryer.

**This recipes nutritional values were generated by artificial intelligence and as such, you should take more care when preparing this recipe than normal. We do not guarantee or take liability for the nutritional information. Please use common sense when cooking this recipe.*