SEO Template for new content

Target keywords: fried rice with ground chicken, ground chicken fried rice, chicken fried rice with ground chicken

Page title

• Optimal title length: **55 characters**

• Add at least one of your target keywords to your <title> tag, don't use each target keyword more than 1 time: **fried rice with ground chicken, ground chicken fried rice, chicken fried rice with ground chicken**

Meta description

• Optimal meta length: **160 characters**

H1

• Add all your target keywords at least one time: **fried rice with ground chicken, ground chicken fried rice, chicken fried rice with ground chicken**

Text

• Try to acquire backlinks from the following domains: [wikifoodhub.com](http://wikifoodhub.com), [stevenscountytimes.com](http://stevenscountytimes.com), [smackeral.com](http://smackeral.com), [moneysavingmom.com](http://moneysavingmom.com), [ndtgov.com](http://ndtgov.com), [imamother.com](http://imamother.com), [bestappsfinder.com](http://bestappsfinder.com), [myroilist.com](http://myroilist.com), [2228gift.com](http://2228gift.com), [drizzlemeskinny.com](http://drizzlemeskinny.com), [sesso.cafe](http://sesso.cafe), [insidebrucrewlife.com](http://insidebrucrewlife.com), [reseptia.my.id](http://reseptia.my.id)

• Enrich your text with the following semantically related words: **white rice, chicken breast, store leftovers, salt and pepper, medium heat, sodium soy sauce, vegetable oil, frozen peas and carrots, sesame oil, ground chicken fried, leftover rice, brown rice, easy chicken fried rice recipe, long grain, meal prep, cooked rice, easy recipes, bell peppers, green onions, cauliflower rice**

• Focus on creating more informative content. Recommended text length: **1054.0**

• Make sure that your text is easy to read with the Flesch-Kincaid readability test. The readability score should be: **73.35274236709824**

• Add at least one of your target keywords: **fried rice with ground chicken, ground chicken fried rice, chicken fried rice with ground chicken**

When your content has been published, [launch a SEO Ideas](https://www.semrush.com/features/seo-ideas/?utm-source=sct&utm-medium=template) campaign to check if your content complies with all on-page SEO factors and discover what else can be done to give your content a SEO boost.

Analyzed top-10-ranking rivals for your target keywords

chicken fried rice with ground chicken

1. <https://www.scrambledchefs.com/the-best-chicken-fried-rice-recipe/>

2. <https://www.tyson.com/recipes/ground-chicken-fried-rice/>

3. <https://grillonadime.com/blackstone-ground-chicken-fried-rice/>

4. <https://www.cookingclassy.com/chicken-fried-rice/>

5. <https://easychickenrecipes.com/easy-chicken-fried-rice-recipe/>

6. <https://www.yummly.com/recipe/Ground-Chicken-Fried-Rice-9063827>

7. <https://www.atablefullofjoy.com/chicken-fried-rice/>

8. <https://dwardcooks.com/chicken-fried-rice/>

9. <https://www.julieseatsandtreats.com/chicken-fried-rice/>

10. <https://www.recipetineats.com/chicken-fried-rice/>

ground chicken fried rice

1. <https://www.scrambledchefs.com/the-best-chicken-fried-rice-recipe/>

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9. <https://www.julieseatsandtreats.com/chicken-fried-rice/>

10. <https://www.fifteenspatulas.com/cauliflower-fried-rice-with-chicken/>

See how competitors write about targeted keywords:

**fried rice with ground chicken**

**1.** <https://www.scrambledchefs.com/the-best-chicken-fried-rice-recipe/>

Scrambled Chefs
The Best Chicken Fried Rice Recipe
Published:
Jump to Recipe
The chicken fried rice recipe is the perfect blend of flavors to tantalize your taste buds! With chicken and rice mixed with a variety of vegetables, this dish is sure to become a family favorite. You'll love having this easy-to-make recipe on hand so you can skip the take-out line and save a bit of money at home instead!
Jump to:
📖 Recipe
The Best Easy Chicken Fried Rice Recipe
Chicken fried rice is the perfect dish to make if you’re craving Chinese food but don’t have time to run out and grab takeout. It’s easy, delicious, and so much healthier than anything you could order from a local restaurant! Plus, if you already have rice on hand, it takes no time at all to whip this up. You won’t believe how good this tastes until you try it yourself!
This is quick, simple, and delicious. And best of all – it only requires a few ingredients that are probably already sitting in your kitchen right now. With just a little bit of prep work beforehand this meal will be on your table faster than any restaurant can deliver food!
If you like this, then you might also want to serve up our copycat bourbon chicken recipe on the side! Another easy option is this slow cooker sesame chicken recipe . Create your own unique feast instead of buying takeout this week.
Ingredients
If you plan to make a lot of recipes in a wok or with Chinese inspiration, you might want to check out the best woks and the best Chinese cleavers for a bit of kitchen supply shopping.
How to Make Chicken Fried Rice
In a large skillet or wok, heat the 1 tablespoon sesame oil over medium heat.
To the skillet, add the ground chicken, salt, black pepper, and ground ginger. Cook, 4 to 5 minutes, stirring regularly until the chicken is cooked through. Remove the chicken and set it aside.
To the skillet, add an additional 1 teaspoon sesame oil, then add the frozen peas and carrots along with the minced garlic and stir, continuously for 2 minutes.
Move the vegetables to the side of the pan, then add another tablespoon of sesame oil and the eggs to the skillet.
Cook the eggs, stirring regularly until scrambled.
Stir the vegetables and eggs together, then add the chicken back to the skillet and stir to combine.
Add in the rice and soy sauce and stir well.
Reduce the heat to low, and cook, stirring regularly, for an additional 2 to 3 minutes until the rice is heated through.
Taste and add additional salt and black pepper if needed before serving.
Frequently Asked Questions
What Rice is Best for Fried Rice?
While any white rice is best, you can use brown rice if you prefer. I do find that preparing rice the day before, or at least a few hours before making fried rice is best. This dish is ideal for making with leftover rice.
What Other Protein Can I Use in Fried Rice?
If you’re not a fan of chicken, or if you’re looking for a different protein option, there are plenty of others that would work well in this recipe. You can use ground beef, ground pork, or ground turkey.
Other options include chopping up leftover short ribs, rotisserie or grilled chicken, or even pork steak and stirring into the rice mixture. You can also use shrimp or lobster just make sure you don't overcook them and add them just at the last minute. If you want to use a vegetarian option, tofu or vegan meat crumbles work as well. This recipe works well with each of these proteins.
What Vegetables Can I Add to Fried Rice?
Using frozen peas and carrots is perfect in this and fairly classic to fried rice. You can, however, use whatever you have on hand or prefer, including bell peppers, bean sprouts, mushrooms, onions, broccoli, cauliflower, snow peas, and bamboo shoots. The sky is really the limit when it comes to adding other vegetables. You can add whatever vegetables that you enjoy.
How Long is Fried Rice Good For?
You can eat fried rice that has been stored in the refrigerator for about 2 to 3 days. You want to make sure that you store it properly and then reheat it before serving. Just like any other leftover, if it’s not stored properly you can get sick from eating food after it has gone bad.
Can I Freeze Leftover Fried Rice?
Yes! You can definitely freeze leftovers if you prefer and know it won't be eaten before it goes bad. Store it in a freezer bag or an airtight container. It will last for about 3 months when stored properly.
When you are ready to eat the frozen fried rice, you want to thaw it overnight in the refrigerator and then reheat it in the microwave or in a skillet on the stovetop. You may need to add additional water to moisten the rice a bit after freezing.
More Easy Recipes
Whether you are looking for a fast weeknight meal or just want something that has limited ingredients, below are a few more of my personal favorite easy recipes. Make sure you take the time to bookmark the recipes, pin them to a favorite Pinterest board, or even print them and file away with your recipe collection.

**2.** <https://grillonadime.com/blackstone-ground-chicken-fried-rice/>

**3.** <https://www.tyson.com/recipes/ground-chicken-fried-rice/>

Contact Us
Ground Chicken Fried Rice
Savory chicken with white rice, scrambled eggs, sweet peas, onions, carrots tossed with soy sauce and finished with diced tomatoes.
Savory chicken with white rice, scrambled eggs, sweet peas, onions, carrots tossed with soy sauce and finished with diced tomatoes.
Ground Chicken Fried Rice
Total Carbohydratenull g
Proteinnull g
Information for this recipe is approximate and derived by calculations based upon supplier information and available reference data. These values may change based on your final product, substitution and or addition of ingredients, or use of a particular cooking technique.
Print
Kosher salt and ground black pepper
1 tablespoon garlic paste
1 cup sweet peas, frozen or fresh
2 eggs, scrambled
1/2 cup low sodium soy sauce, divided
Cooking Instructions
Cook rice according to package instructions.
While cooking the rice, heat a well-oiled skillet over high heat. Cook the ground chicken until the golden in color, about 10-15 minutes, season with salt and pepper and garlic paste. Be sure to break up the ground chicken in the skillet while cooking, using a heat proof spatula.
Add the onions, carrots and peas to the skillet and cook until tender, about 5 minutes. Stir in the scrambled eggs and ¼ cup soy sauce until coated. Stir in the cooked rice and add the remaining soy sauce coating the rice. Finish with the diced tomatoes.
Share Your Cooking Tips

**4.** <https://www.cookingclassy.com/chicken-fried-rice/>

Recipe
Chicken Fried Rice is one of the best weeknight dinners around! It’s a homemade version of my favorite take-out classic. We all had that ham fried rice growing up but move over ham because the chicken variation is 100 times better!
The whole family will love this protein packed, hearty chicken and brown rice combo.
The BEST Chicken Fried Rice Recipe
This chicken fried rice will easily become one of your go-to dinners! It’s easy, it calls for basic ingredients, it’s hearty and filling and it’s perfectly flavorful.
Plus it’s quick to make and clean up is a breeze. It also makes perfectly delicious leftovers if you are lucky enough to have any left, or make it ahead for meal prep for the next couple of days.
It’s also an easy recipe to customize and swap out with another protein and you could even add in other vegetables.
Watch the Chicken Fried Rice Video:
What Ingredients go into Chicken Fried Rice?
Brown rice – leftover rice from the day before works best. White rice will work great here too.
Chicken breasts – I like to dice the chicken into very small pieces about 1/2 – 3/4-inch, it makes it the perfect size for this fried rice.
Toasted sesame oil – this oil is very strong and a little goes a long way. This ingredient adds lots of flavor to this dish.
Vegetable oil (or canola oil) – this is used for sautéing (along with the sesame oil so you won’t use to much of that and sesame oil on it’s own has a low smoke point).
Frozen peas and carrots blend – I like to use the frozen vegetable here to save time, but fresh will work too you’ll just have to longer so they’ll become tender enough.
Green onions – feel free to add more green onions to taste.
Garlic – only use fresh garlic here for best flavor.
Eggs – you can add 3 eggs here to stretch the recipe a bit. If it’s easier for you, you can stir in a bowl with a fork first then add to the skillet.
Low-sodium soy sauce – if you have regular sodium soy sauce that will work too, just start with 2 Tbsp and add more if needed.
How to Make Chicken Fried Rice
In a large non-stick wok or skillet, heat 1 1/2 tsp sesame oil and 1 1/2 tsp of the canola oil over medium-high heat.
Add chicken pieces, season lightly with salt and pepper and saute until cooked through, about 5 – 6 minutes.
Transfer chicken to a plate or a piece of foil and set aside.
Return skillet to medium-high heat, add remaining 1 1/2 tsp sesame oil and 1 1/2 tsp canola oil.
Add peas and carrots blend and green onions and saute 1 minute, then add garlic and saute 1 minute longer.
Push veggies to edges of pan.
Add eggs in center and cook and scramble until just set.
Return chicken to skillet along with rice.
Add in soy sauce and season with salt and pepper to taste.
Toss everything together and serve warm with Sriracha to taste if desired.
How is this Healthier than Traditional Fried Rice?
This is healthier than the traditional fried rice since uses brown rice and chicken in place of the traditional white rice and ham. Plus it uses low sodium soy sauce instead of the higher salt content traditional soy sauce.
Can I Make it with Cauliflower Rice?
I actually have a delicious Cauliflower Chicken Fried “Rice” recipe HERE for a lower carb option.
Can I Substitute Chicken Thighs?
Boneless skinless chicken thighs will work great here too, you’ll just need to add a couple of extra minutes cook time to the chicken. As always test the center temperature to 165 degrees on an instant read thermometer to test for doneness.
Can I Use Shrimp or Ham instead of Chicken?
Yes. Shrimp or ham can be used here as well. If using shrimp use small shrimp and you’ll only need to cook about 1 minute per side, and if using ham use 1 1/2 cups and i will only needed to be heated through since it’s pre-cooked.
How Much Dry Rice to Equal Prepared Rice?
You’ll want to start with about 1 1/4 cups dry brown rice to equal 3 cups cooked rice. But if you’re like me you’ll just make extra to have for another meal.
More Chinese Take-Out Recipes You’ll Love:
3 cups cooked long-grain brown rice (preferably left over rice. White is fine too)
3/4 lb bonelss skinless chicken breasts , diced into 3/4-inch pieces
1 Tbsp toasted sesame oil , divided
1 Tbsp canola oil , divided
1 1/3 cups frozen peas and carrots blend
3 green onions chopped

**5.** <https://www.yummly.com/recipe/Ground-Chicken-Fried-Rice-9063827>

We have no data for this page, because it isn't accessible for our crawler.

**6.** <https://easychickenrecipes.com/easy-chicken-fried-rice-recipe/>

Home » Chicken Side Dishes » Easy Chicken Fried Rice Recipe
Easy Chicken Fried Rice Recipe
Recipe ↓
This authentic easy chicken fried rice recipe is better than takeout and it’s quick and easy to make! Loaded with fresh veggies, this homemade version is healthier, while still being filled with flavor. It’s also great for meal prep, and the leftovers taste delicious!
Instructions
Best Chicken Fried Rice
I love a great Chinese take-out recipe , and Chicken Fried Rice is always a must! This homemade version still has all of the flavors you would expect from a restaurant-style dish, but it is a lot healthier thanks to a few simple swaps.
This easy chicken fried rice recipe is so quick and easy to make at home, so ditch the takeout this week and give this a try instead. Everyone will absolutely love it, and the leftovers are just as delicious!
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download now
Why You’ll Love this Chicken Fried Rice Recipe:
Super Easy: Making this dish at home is so simple! Just combine ingredients in a skillet, and it’ll be ready in no time.
Better Than Takeout: Skip the takeout order and make your favorites at home! It tastes just as good, and you can make a healthier version.
Flavorful: This fried rice is filled with chicken, carrots, peas, onions, and more, then seasoned and cooked up to absolute perfection!
How to Make Easy Chicken Fried Rice (Step by Step)
Be sure to see the recipe card below for full ingredients & instructions!
Cook the rice according to package directions, then let it cool and break it apart.
Add rice to a nonstick skillet briefly to brown, then set it aside.
In the same skillet, cook the chicken breast, then cut into thin slices.
Cook the veggies until tender, then incrementally add the rest of the ingredients to cook together.
Add the egg to the center of the rice and let it cook.
Stir everything together to create the BEST Easy Chicken Fried Rice.
Season to taste with salt and pepper, then serve hot!
Top Reader Review
“I really loved this recipe because I have made several attempts on getting that take out flavor! Finally did absolutely easy. The recipes here are easy and I appreciate them because this mama and wife is getting bored with dinner! Easy chicken recipes is reviving my dinner choices.” – Kendre Wilson
What ingredients are in chicken fried rice?
Chicken Fried Rice is made with a handful of ingredients, including fresh and frozen vegetables, a good quality chicken breast, and a couple of eggs. Plus a few aromatics that give this fried rice recipe it’s authentic Chinese flavor.
Crab Rangoon
The Perfect Rice Every Time
Make sure your oil is smoking hot before adding the rice. This will prevent the rice from sticking!
Easy Chicken Fried Rice with Vegetables
This fried rice is filled with peas, carrots, onion, and scallions, but it’s such a versatile recipe!
You can easily add in different vegetables depending on what you already have on hand. Sweetcorn, broccoli, or red peppers would all be wonderful additions. You could even add in a few handfuls of spinach at the end to add some greens. Frozen vegetables work really well here, but you can also use fresh.
Recipe Tips and Notes
Don’t over cook the final dish, or you’ll end up with tough rice and soggy veggies.
Use free range / organic eggs and chicken.
Be sure to fully cook the chicken all the way through to 165F.
Dice and cut up veggies ahead of time, so they’re ready to cook before dinner.
Store leftover chicken fried rice in an airtight container, and store in the fridge up to 4 days. It tastes delicious hot or cold!
How can you make chicken fried rice healthier?
Although the restaurant version of this dish is delicious, it’s also loaded with calories, and I won’t even mention how high the sodium is! But with a few simple swaps, you can make a healthier homemade chicken fried rice.
Be sure to use a low sodium soy sauce.
Making this at home with skinless chicken breast ensures you’re using a light and healthy option.
You just need a little canola/vegetable oil–don’t over do it!
You could also use a whole grain brown rice instead of white.
Make this super delicious, easy chicken fried rice recipe ASAP. You’ll be craving this instead of takeout every week, and the whole family will love it too!
More Chicken Takeout at Home Recipes

**7.** <https://www.atablefullofjoy.com/chicken-fried-rice/>

Print Recipe
Fried rice is so flavorful and delicious!
I make fried rice every week it seems- my husband loves it. I enjoy it- but my husband can eat it every day if it’s in the house.
Since I make it so often, I’ve come up with a tasty and easy fried rice recipe that anyone will love!
What type of rice to use?
Basic fried rice is made with white rice, but brown rice is fine too- but know it will taste a little different. Short grain rice- like sushi rice is great but I also use long grain rice like Jasmine when that’s what I have on hand.
Although I’ve made my fair share of fried rice using rice that is still warm from cooking- using cold rice (made the day before) tastes the best, browns nicely, and doesn’t clump.
If you want to speed up the cooling process of rice simply spread out the cooked rice on a baking sheet, cover with a damp paper towel and stick in the freezer until it’s cold (10 minutes) or the refrigerator (for 30 minutes).
I love to bake rice!
How to cook rice:
I’ve found my favorite way of cooking rice is to bake it- turns out perfect every time.
I like to rinse my rice until the water runs clear, then in an oven safe dish with a lid place the rice, 1 and ¼ cup water for every cup of rice, and bake at 375°F for 20-30 minutes. I check the rice at 20 minutes and if there is still water (which there usually is), continue baking.
The nice thing about this method is that you can open the lid, check the rice, and put it back in the oven if it’s not done without worrying about messing up the rice.
Alternative cooking methods include boiling rice on the stove- which I recommend following the instructions on the back of the rice package or in the instant pot.
I love how colorful fried rice is!
What veggies go in fried rice?
First thing first- I don’t like peas- so you won’t see them in this recipe BUT If you want peas in your fried rice by all means add them.
Veggies add so much flavor to the rice and give it lots of color.
I love adding sautéed white or yellow onion, green onion, and carrots to the rice. Peas, broccoli, daikon, radishes, bell pepper and so many more veggies can be added if you want!
Sauce is important!
The majority of the flavor comes from sauces used.
I’ve found that a combo of soy sauce, hoisin, and toasted sesame oil created a delicious combo that will make your taste buds sing!
Other seasonings?
I always add ginger and garlic- either fresh or ground. So delicious! And if you have a surplus of ginger use it to make my ginger juice !
Two last things: add cooked egg to the rice and use butter when frying it! Both are delicious additions that you don’t want to miss.
Fried Rice Takeaways
Use your tasty sauces
What about meat? Chicken Fried Rice anyone?
If you want to add meat, add it already cooked to the rice with the sauces.
Fried Rice Variations
Chicken Fried Rice: add cooked ground chicken or shredded chicken
Pork Fried Rice: add cooked ground pork or cooked pork shoulder
Shrimp Fried Rice: add cooked, peeled and deveined shrimp, chopped cilantro, cubed bell peppers
Spicy Korean Fried Rice: add Kimchi, gochujang, bean sprouts, bok choy, and grated ginger
Hawaiian Fried Rice: add pineapple, cubed ham, cubed red bell peppers, and a little coconut milk
Southwestern Fried Rice: add cooked bacon pieces and chopped green chile
Other tasty additions: ground turkey, beef short rib, steak, sausage, salmon potatoes, broccoli, mushrooms, radishes, tomatoes, crushed red pepper, and my tasty Asian sauce!
Carrots- shredded or diced?
I like to add both to the rice because I love the variety.
To shred the carrots, you can use a food processor or what I typically do is just use a potato peeler.
Do you like your carrots cubed or shredded?
Eggs- scrambled or made into ribbons?
You might be wondering what I mean by egg ribbons. Egg ribbons are thin slices of an omelet/egg crepe.
To make them you whisk two eggs, then heat a nonstick pan with about ½ teaspoon butter.
Once hot and butter is melted add the egg batter, swirling it around allowing it to coat the entire pan. Cook over low until set, the flip and let it finish cooking.
I love egg ribbons in fried rice!
You should end up with a crepe like flat egg omelet.
Then simply roll the omelet up and thinly slice.
I get that this might be a little more work than you want or care to put into fried rice- so if you just scramble some eggs that is perfectly fine too!
After all, this is supposed to be an easy fried rice recipe, but I wanted to give you all the options!
Egg ribbons are so fun!
How to make plain fried rice:
Make your rice and allow it to cool completely
Scramble your egg or make egg ribbons, set aside.
Chop up your carrots, white/yellow onion, garlic, and grate ginger (if using fresh ginger and garlic)
In a large fry pan add butter and allow to melt over medium heat.
Add veggies, garlic, and ginger, sautéing until softened and cooked through.
Turn heat up to medium high and then add remaining butter, the rice, soy sauce and hoisin, stirring to combine with the veggies. Stirring every 20-30 seconds for 4 minutes allow your rice and veggies to combine completely and just start to brown.
Remove from heat and stir in your sesame oil, scrambled eggs, and green onion.
Taste and see if it needs any more sauce then enjoy!
I love how easy this recipe is!
How to store leftover fried rice:
Store any rice in a an airtight container for up to 4 days.
How to reheat rice:
You can reheat rice in a skillet with a little butter to crisp it back up, or microwave in 30 second intervals, stirring, then repeat until rice is heated through.
The best fried rice ever!
If you like this recipe make sure to check out:

**8.** <https://dwardcooks.com/chicken-fried-rice/>

by admin
Sharing is caring!
Chicken Fried Rice is one of the easiest things to make, and it is so versatile that you can customize it a million different ways. To make it even easier, this chicken fried rice recipe uses two frozen Trader Joes products and doctors them up with a few ingredients I typically have in my pantry and refrigerator.
For the chicken fried rice, I used ground chicken, but you can substitute this with any protein you have on hand.
This Chicken Fried Rice is so easy, you'll be using your Sundays for better things instead of meal prepping.
This is my go-to for a quick, one pan and under 30-minute dinner or a quick Monday night meal prep when I spent the whole weekend doing fun things like this one. It's perfect as a side to a full homemade take-out feast, but you can easily double up your portion for a low point meal.
As described below, this recipe makes 7 1-cup portions for 3 WWSP a serving. This is that good WW math that makes this only 5 WWSP for 2 cups.
Ocean City > Meal Prep
Guys, I love spending my weekend in the kitchen. Really, I do enjoy it. Do you know what I enjoy more? Spontaneous day trips to the shore.
It was 65 degrees and sunny, and we were long overdue for a getaway, so I texted my wife and within 30 minutes we were packed and driving down to Ocean City, NJ . Ocean City is our happy place. My wife and I grew up going to Ocean City and it's been our favorite place to bring our girls.
My daughter's reaction every time we get here.
Even when it’s too cold to play on the beach, the Ocean City Boardwalk is worth the trip because our girls adore it. We adore it. It’s truly our family’s favorite place to be. By the time we park, our daughters are already shouting to go to their favorite spots.
My oldest: Pokey-dots. My youngest: pizza. Pokey-dots is the name my five-year-old gave a very specific horse on the Carousel in Gillian’s Wonderland Pie r. The pizza, as if that’s even a question, is Manco & Manco .
Every single time we are in OCNJ, we split a full half pepperoni Manco & Manco Pizza.
We had a double stroller, but if they're not sprinting down the OCNJ Boardwalk I've got one of them on my shoulders.
Big Girl Rides
My five-year-old is suddenly five and a big girl. Suddenly our fearless girl is even more fearless and now she’s in a whole new bracket of rides on Playland’s Castaway Cove and Gillian’s Wonderland Pier.
We’re talking roller coasters, the pirate ship, the big swings, more complicated playhouses that are not built for grown men (although of course, she wanted to take me along). This girl is fearless.
View from the last row of the Pirate Ship on OCNJ Boardwalk
She's been waiting for this ride for at least 2 years.
Even though she loves the last seat of the pirate ship because it goes the highest, she’s still our little girl who says goodbye to Pokey Dots each time we leave the boardwalk--something she’s done every summer we’ve gone down.
Ocean City has this magical power where nostalgia hits you hard and you remember the little kid rides, the ice cream melting down the hands of the little girl on your shoulders, and each photo strip you’ve kept from the same arcade photo booth.
My oldest and her dear old friend, Pokey Dots
So about this fried rice
My weekend was magical, but Monday came around and I ate a salad from the cafeteria salad bar for lunch. I didn’t even get a full food shopping trip this weekend. It was time to hit the freezer and lean on some of my favorites.
In less than 30 minutes, you can prep your week's lunches with a satisfying and easy chicken fried rice made at home
Trader Joe's is known for a lot of amazing things people swear by, myself included. Two of my favorite things they have are their frozen Vegetable Fried Rice and their Cauliflower Stir Fry. On their own, they are totally delicious and the cauliflower is a great low point option.
The full bag of Vegetable Fried Rice is 18 WWSP while the Cauliflower Stir Fry is only 3 WWSP. For me, I prefer mixing cauliflower rice in with regular rice to bulk up rice instead of substituting. Cauliflower will never fully replace rice, but mixing it together is a great healthy hack that doesn’t actually taste like cauliflower.
Ground Chicken Fried Rice
I like fried rice because it is versatile, and you can add any protein or vegetables. The recipe below will have my version where I am not utilizing leftovers, but starting from scratch with lean Ground Chicken. This is, of course, optional, but it is a delicious and zero point way to bulk up this side and make it a full meal.
The ingredients that I suggest were not ingredients I grew up with, but I didn’t grow up with many seasonings or exotic vegetables and herbs. None of these are exotic or hard to come by.
Growing up, cilantro and scallions would have been considered exotic and then would have just slowly gone bad in the refrigerator. What may be new to you would be ginger paste and garlic chili paste.
Ginger paste is something you can find in most produce sections and I love having it in the refrigerator for meals like this or my Chicken and Broccoli . The Garlic Chili Paste is a flavorful, deep flavor that makes any dish pop.
A little goes a long way, and this stuff rocks in this without it being too hot (like my Asian Turkey Meatballs ). My girls love this, it’s not spicy, just flavorful. I promise.
Chicken Fried Rice your whole family will love

**9.** <https://www.julieseatsandtreats.com/chicken-fried-rice/>

Julie's Eats & Treats ®
Posted: 05/15/22
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Quick and easy 30 minute dinner recipe that’s made in one skillet! Use up your leftover rice and chicken when you make Chicken Fried Rice. So easy and full of flavor making it even better than takeout.
Want to save this recipe? Enter your email below and we'll send the recipe straight to your inbox!
Email \*
Save This Recipe
Skip the takeout and make homemade chicken fried rice instead! I love to make our favorite Chinese takeout recipes at home, and fried rice is always a hit.
Let’s face it – ordering out gets really expensive for our family of five, so it’s a lot less costly to make copycat recipes at home! Chicken fried rice is an easy one to try, and it’s a great way to use up leftover chicken and frozen veggies buried in the freezer.
We love this as a side dish with beef and broccoli or orange chicken . Sometimes I air fry some frozen egg rolls, too!
Why This Recipe Works
It’s a quick 30-minute stir fry recipe perfect for weeknight dinners.
You don’t need a wok – a skillet works great! Plus, you only need one pan to make it. I always love fewer dishes to clean up.
It’s so easy to adapt this recipe with other ingredients. You can swap the meat, veggies, and you can use different kinds of rice to make it.
If you’ve never made chicken fried rice, you are going to love this easy recipe. It’s the best!
The Best Rice to Use
This dish is all about rice so use long grain rice or Jasmine rice. I like to use white rice, but brown rice will work, too!
For the best fried rice, you should use leftover cooked rice. Leftover cold rice is a little dry and not sticky, making it great for this dish. When I have this recipe in my meal plan, I cook the rice a day before or use leftovers from another meal.
If you don’t have leftover rice, you can make a fresh batch but allow it to fully cool. For the best results, spread it out on a baking sheet while it’s warm so it can dry out. This will keep it from getting mushy when you make the dish.
You can also use cauliflower rice for this dish to make it lower-carb. Cauliflower rice doesn’t have the exact same texture, but it works great!
Other Ingredients You’ll Need
Cooking oils: I like to use a combination of sesame oil and vegetable oil or canola oil to pan fry the rice. The sesame oil adds a delicious flavor!
Vegetables: There are a lot of choices, but I like to use diced onions, minced garlic cloves, and frozen peas and carrots.
Large eggs: Whisk the eggs in a small bowl. They cook right in the pan with everything else.
Cooked Meat: You can use cooked boneless skinless chicken breasts or boneless skinless chicken thighs. Cut them into cubes before adding them to the rice. You can also use rotisserie chicken!
Sauce: This fried rice recipe has a light sauce made with soy sauce and butter. For a less salty dish, use low sodium soy sauce.
Garnishes: We like sliced green onions to finish the dish! You can also add some salt and black pepper for serving.
Products Needed
Whisk
How to Make It
Heat the oils in a large skillet or wok over medium heat. Add the onions, peas and carrots and sauté them until the onions turn translucent.
Add the garlic and continuing cooking until he garlic is fragrant. This should only take about a minute. Add the rice and chicken to the pan and stir to combine.
Push the rice mixture to the sides of the pan to make room in the middle to cook the eggs. Pour the whisked eggs into the spot you cleared in the skillet.
Scramble the eggs with a spatula. Once they are cooked, stir them into the rest of the ingredients.
Add the soy sauce and butter. As the butter melts, stir everything together so it’s evenly coated.
Then add soy sauce and stir to mix. Season with salt and pepper and garnish the rice with green onions if desired.
What is the secret to fried rice?
For the best chicken fried rice, use cooked cold rice! When you chill leftover rice it dries out so it’s firmer. This means it won’t get mushy when you make the fried rice. That’s the secret!
What are the main ingredients in Chicken Fried Rice?
Rice, soy sauce, vegetables, eggs, and meat are the main ingredients in fried rice. There are tons of variations!
What type of meat is best to use in Fried Rice?
There are a lot of options – cooked chicken, beef (like steak or even ground beef), and pork are common. I’ve seen versions made with ground turkey and ground chicken, too! Or, leave out the meat and make vegetarian fried rice.
What other vegetables can you use?
Try diced bell peppers, red onion, scallions, cauliflower, even green beans! Fresh vegetables will take longer to cook, so I usually stick frozen ones. I’ve seen versions with nuts, too, like cashews!
How long does chicken fried rice keep?
If you use day-old leftover rice, your fried rice will keep for two to three days in the refrigerator. It might get a little dry, so add a little more soy sauce when you reheat it.
I know your family is going to love this easy chicken fried rice recipe! Everyone will think you ordered takeout – it’s that good. Give it a try soon and let me know what you think – Enjoy!
More Take-Out Inspired Recipes
Baked Sweet and Sour Chicken is healthier than a restaurant version but with the same delicious flavors!
Skip the Panda Express drive-through and make my copycat Chow Mein ! It’s so easy.
Easy Egg Roll in a Bowl has everything you love about egg rolls but served up bowl-style instead without the deep frying.
Did you make this? If you snap a photo, please be sure tag me on Instagram at @julieseatsandtreats or #julieseatsandtreats so I can see your yummy treat!
Want to save this recipe? Enter your email below and we’ll send the recipe straight to your inbox!
Email \*

**10.** <https://www.fifteenspatulas.com/cauliflower-fried-rice-with-chicken/>

Jump to Recipe
This Cauliflower Chicken Fried Rice recipe takes about 20 minutes to make, and can be served as the main event at dinner. It’s a healthy meal that’s low carb, and full of both protein and veggies. It will quickly become one of your new favorites for busy nights.
Of all the healthy food swaps that have caught fire in the past few years, cauliflower rice is one that I can fully get behind. It’s SO good.
Trust me, my disposition is to be quite suspicious of all these healthy swaps. Sometimes it seems like the internet wants to make everything out of cauliflower, including rice, pizza crust, and tortillas. Many of these are poor substitutions for the real thing.
But cauliflower rice is so delicious that my 2-year old devours it regularly. That’s the true test.
I think the key to enjoying substitutions like these is to accept it for what it is. For example, when I make spaghetti squash , I don’t pretend I’m eating pasta. I just think I’m eating a really uniquely textured squash and enjoy the heck out of it.
Cauliflower rice has a buttery and slightly sweet flavor to it, and a very pleasant texture. I really think you’ll love it if you try it as an alternative to regular fried rice.
There are many ways to prepare cauliflower rice, but this Cauliflower Fried Rice has got to be the ultimate (though this Cilantro Lime Cauliflower Rice is a close second).
It gets all the same treatment as a regular fried rice , with the classic veggies, soy sauce, and ground chicken. It truly strikes the balance between healthy and delicious.
To start, you’ll need to purchase or make your own cauliflower rice.
While you can buy riced cauliflower in bags at the grocery store, I prefer to make it myself. It’s simple, tastes better, and has a better texture than store-bought cauliflower rice. Trader Joe’s version in particular seems to include a lot of the tougher stem portion.
Here is a post I wrote on How to Make Cauliflower Rice .
The great thing about it is it’s really quick if you have a food processor. If you don’t have one, you can alternatively use the large holes of a box grater to break the cauliflower head down.
What is Cauliflower Rice?
It’s basically just pulsed up cauliflower, with a similar size as a grain of rice.
Place cauliflower florets into a food processor and pulse until it’s well-chopped. I actually like the texture a little bit smaller than rice, more of a cross between couscous and rice.
Step by Step Overview:
To get started, fully cook and brown a pound of ground chicken over medium-high heat in a large skillet or saute pan.
I recommend using the fattier ground chicken made from dark meat chicken thighs, instead of chicken breast, which is far too lean.
Then season with soy sauce.
While the soy sauce is king in terms of flavor, you may substitute coconut aminos if you are on a paleo diet.
Remove the cooked chicken to a bowl, then in the same pan, cook two beaten eggs, let it cook into a flat pancake, and chop it up into pieces:
Cooking the egg separately is a trick I learned from my mom, and I really prefer it over simply scrambling the eggs into the dish as a whole and spreading tiny bits of egg throughout the food. I find when I have bigger pieces, I get to enjoy the flavor of the egg more in every bite.
Just make sure you watch the heat and adjust as necessary. You may temporarily need to turn the stove down to medium heat if the egg is browning too much.
Back to our pan, add some olive oil or your preferred cooking fat, then add chopped carrots and onion. Season with soy sauce, and cook for about 5 minutes, until softened:
Add green peas, scallions (aka green onions), and fresh garlic:
Cook for a few minutes, until the scallions soften a little bit:
Now add all the cauliflower rice!
Stir it all around:
Season with soy sauce, then add the chicken back in, the egg, and a tablespoon of toasted sesame oil:
Now it’s ready to serve!
I find there’s enough going on here that it can stand alone as the dish for any meal, but you can also serve it with Asian Cucumber Noodle Salad or Asian Broccoli Salad to add more vegetables to the meal.
For more cauliflower recipes, a great option is Cauliflower Mashed Potatoes , or Crunchy Roasted Cauliflower .
Recipe Variations
Feel free to include other preferred vegetables, such as frozen green beans. Frozen veggies cut down on prep time and make this a really easy dinner.
However, I do not recommend swapping garlic powder or onion powder for the fresh garlic or sliced green onion. The flavor will be too inferior.
Want to make it spicy? Add sriracha sauce to taste at the very end!
Recipe FAQ and Tips
How much pre-made cauliflower rice do you need?
You need 3 to 4 cups of cauliflower rice for this recipe. I find that a head of fresh cauliflower that’s 2 to 2.5 pounds makes about 6 cups of rice.
How do you store leftovers?
Keep in an airtight container for 3-4 days. This is also great for dividing into smaller containers for meal prep. Just note that cauliflower rice tastes a bit more funky after a couple days in the fridge, faster than most vegetables.
Can you use frozen cauliflower rice?
Technically yes, but the flavor and texture won’t be as good as fresh cauliflower rice.
Did you enjoy the recipe? Please leave a 5-star rating in the recipe card below and/or a review in the comments section further down the page.
Cauliflower Chicken Fried Rice

**chicken fried rice with ground chicken**

**1.** <https://www.scrambledchefs.com/the-best-chicken-fried-rice-recipe/>

Scrambled Chefs
The Best Chicken Fried Rice Recipe
Published:
Jump to Recipe
The chicken fried rice recipe is the perfect blend of flavors to tantalize your taste buds! With chicken and rice mixed with a variety of vegetables, this dish is sure to become a family favorite. You'll love having this easy-to-make recipe on hand so you can skip the take-out line and save a bit of money at home instead!
Jump to:
📖 Recipe
The Best Easy Chicken Fried Rice Recipe
Chicken fried rice is the perfect dish to make if you’re craving Chinese food but don’t have time to run out and grab takeout. It’s easy, delicious, and so much healthier than anything you could order from a local restaurant! Plus, if you already have rice on hand, it takes no time at all to whip this up. You won’t believe how good this tastes until you try it yourself!
This is quick, simple, and delicious. And best of all – it only requires a few ingredients that are probably already sitting in your kitchen right now. With just a little bit of prep work beforehand this meal will be on your table faster than any restaurant can deliver food!
If you like this, then you might also want to serve up our copycat bourbon chicken recipe on the side! Another easy option is this slow cooker sesame chicken recipe . Create your own unique feast instead of buying takeout this week.
Ingredients
If you plan to make a lot of recipes in a wok or with Chinese inspiration, you might want to check out the best woks and the best Chinese cleavers for a bit of kitchen supply shopping.
How to Make Chicken Fried Rice
In a large skillet or wok, heat the 1 tablespoon sesame oil over medium heat.
To the skillet, add the ground chicken, salt, black pepper, and ground ginger. Cook, 4 to 5 minutes, stirring regularly until the chicken is cooked through. Remove the chicken and set it aside.
To the skillet, add an additional 1 teaspoon sesame oil, then add the frozen peas and carrots along with the minced garlic and stir, continuously for 2 minutes.
Move the vegetables to the side of the pan, then add another tablespoon of sesame oil and the eggs to the skillet.
Cook the eggs, stirring regularly until scrambled.
Stir the vegetables and eggs together, then add the chicken back to the skillet and stir to combine.
Add in the rice and soy sauce and stir well.
Reduce the heat to low, and cook, stirring regularly, for an additional 2 to 3 minutes until the rice is heated through.
Taste and add additional salt and black pepper if needed before serving.
Frequently Asked Questions
What Rice is Best for Fried Rice?
While any white rice is best, you can use brown rice if you prefer. I do find that preparing rice the day before, or at least a few hours before making fried rice is best. This dish is ideal for making with leftover rice.
What Other Protein Can I Use in Fried Rice?
If you’re not a fan of chicken, or if you’re looking for a different protein option, there are plenty of others that would work well in this recipe. You can use ground beef, ground pork, or ground turkey.
Other options include chopping up leftover short ribs, rotisserie or grilled chicken, or even pork steak and stirring into the rice mixture. You can also use shrimp or lobster just make sure you don't overcook them and add them just at the last minute. If you want to use a vegetarian option, tofu or vegan meat crumbles work as well. This recipe works well with each of these proteins.
What Vegetables Can I Add to Fried Rice?
Using frozen peas and carrots is perfect in this and fairly classic to fried rice. You can, however, use whatever you have on hand or prefer, including bell peppers, bean sprouts, mushrooms, onions, broccoli, cauliflower, snow peas, and bamboo shoots. The sky is really the limit when it comes to adding other vegetables. You can add whatever vegetables that you enjoy.
How Long is Fried Rice Good For?
You can eat fried rice that has been stored in the refrigerator for about 2 to 3 days. You want to make sure that you store it properly and then reheat it before serving. Just like any other leftover, if it’s not stored properly you can get sick from eating food after it has gone bad.
Can I Freeze Leftover Fried Rice?
Yes! You can definitely freeze leftovers if you prefer and know it won't be eaten before it goes bad. Store it in a freezer bag or an airtight container. It will last for about 3 months when stored properly.
When you are ready to eat the frozen fried rice, you want to thaw it overnight in the refrigerator and then reheat it in the microwave or in a skillet on the stovetop. You may need to add additional water to moisten the rice a bit after freezing.
More Easy Recipes
Whether you are looking for a fast weeknight meal or just want something that has limited ingredients, below are a few more of my personal favorite easy recipes. Make sure you take the time to bookmark the recipes, pin them to a favorite Pinterest board, or even print them and file away with your recipe collection.

**2.** <https://www.tyson.com/recipes/ground-chicken-fried-rice/>

Contact Us
Ground Chicken Fried Rice
Savory chicken with white rice, scrambled eggs, sweet peas, onions, carrots tossed with soy sauce and finished with diced tomatoes.
Savory chicken with white rice, scrambled eggs, sweet peas, onions, carrots tossed with soy sauce and finished with diced tomatoes.
Ground Chicken Fried Rice
Total Carbohydratenull g
Proteinnull g
Information for this recipe is approximate and derived by calculations based upon supplier information and available reference data. These values may change based on your final product, substitution and or addition of ingredients, or use of a particular cooking technique.
Print
Kosher salt and ground black pepper
1 tablespoon garlic paste
1 cup sweet peas, frozen or fresh
2 eggs, scrambled
1/2 cup low sodium soy sauce, divided
Cooking Instructions
Cook rice according to package instructions.
While cooking the rice, heat a well-oiled skillet over high heat. Cook the ground chicken until the golden in color, about 10-15 minutes, season with salt and pepper and garlic paste. Be sure to break up the ground chicken in the skillet while cooking, using a heat proof spatula.
Add the onions, carrots and peas to the skillet and cook until tender, about 5 minutes. Stir in the scrambled eggs and ¼ cup soy sauce until coated. Stir in the cooked rice and add the remaining soy sauce coating the rice. Finish with the diced tomatoes.
Share Your Cooking Tips

**3.** <https://grillonadime.com/blackstone-ground-chicken-fried-rice/>

**4.** <https://www.cookingclassy.com/chicken-fried-rice/>

Recipe
Chicken Fried Rice is one of the best weeknight dinners around! It’s a homemade version of my favorite take-out classic. We all had that ham fried rice growing up but move over ham because the chicken variation is 100 times better!
The whole family will love this protein packed, hearty chicken and brown rice combo.
The BEST Chicken Fried Rice Recipe
This chicken fried rice will easily become one of your go-to dinners! It’s easy, it calls for basic ingredients, it’s hearty and filling and it’s perfectly flavorful.
Plus it’s quick to make and clean up is a breeze. It also makes perfectly delicious leftovers if you are lucky enough to have any left, or make it ahead for meal prep for the next couple of days.
It’s also an easy recipe to customize and swap out with another protein and you could even add in other vegetables.
Watch the Chicken Fried Rice Video:
What Ingredients go into Chicken Fried Rice?
Brown rice – leftover rice from the day before works best. White rice will work great here too.
Chicken breasts – I like to dice the chicken into very small pieces about 1/2 – 3/4-inch, it makes it the perfect size for this fried rice.
Toasted sesame oil – this oil is very strong and a little goes a long way. This ingredient adds lots of flavor to this dish.
Vegetable oil (or canola oil) – this is used for sautéing (along with the sesame oil so you won’t use to much of that and sesame oil on it’s own has a low smoke point).
Frozen peas and carrots blend – I like to use the frozen vegetable here to save time, but fresh will work too you’ll just have to longer so they’ll become tender enough.
Green onions – feel free to add more green onions to taste.
Garlic – only use fresh garlic here for best flavor.
Eggs – you can add 3 eggs here to stretch the recipe a bit. If it’s easier for you, you can stir in a bowl with a fork first then add to the skillet.
Low-sodium soy sauce – if you have regular sodium soy sauce that will work too, just start with 2 Tbsp and add more if needed.
How to Make Chicken Fried Rice
In a large non-stick wok or skillet, heat 1 1/2 tsp sesame oil and 1 1/2 tsp of the canola oil over medium-high heat.
Add chicken pieces, season lightly with salt and pepper and saute until cooked through, about 5 – 6 minutes.
Transfer chicken to a plate or a piece of foil and set aside.
Return skillet to medium-high heat, add remaining 1 1/2 tsp sesame oil and 1 1/2 tsp canola oil.
Add peas and carrots blend and green onions and saute 1 minute, then add garlic and saute 1 minute longer.
Push veggies to edges of pan.
Add eggs in center and cook and scramble until just set.
Return chicken to skillet along with rice.
Add in soy sauce and season with salt and pepper to taste.
Toss everything together and serve warm with Sriracha to taste if desired.
How is this Healthier than Traditional Fried Rice?
This is healthier than the traditional fried rice since uses brown rice and chicken in place of the traditional white rice and ham. Plus it uses low sodium soy sauce instead of the higher salt content traditional soy sauce.
Can I Make it with Cauliflower Rice?
I actually have a delicious Cauliflower Chicken Fried “Rice” recipe HERE for a lower carb option.
Can I Substitute Chicken Thighs?
Boneless skinless chicken thighs will work great here too, you’ll just need to add a couple of extra minutes cook time to the chicken. As always test the center temperature to 165 degrees on an instant read thermometer to test for doneness.
Can I Use Shrimp or Ham instead of Chicken?
Yes. Shrimp or ham can be used here as well. If using shrimp use small shrimp and you’ll only need to cook about 1 minute per side, and if using ham use 1 1/2 cups and i will only needed to be heated through since it’s pre-cooked.
How Much Dry Rice to Equal Prepared Rice?
You’ll want to start with about 1 1/4 cups dry brown rice to equal 3 cups cooked rice. But if you’re like me you’ll just make extra to have for another meal.
More Chinese Take-Out Recipes You’ll Love:
3 cups cooked long-grain brown rice (preferably left over rice. White is fine too)
3/4 lb bonelss skinless chicken breasts , diced into 3/4-inch pieces
1 Tbsp toasted sesame oil , divided
1 Tbsp canola oil , divided
1 1/3 cups frozen peas and carrots blend
3 green onions chopped

**5.** <https://easychickenrecipes.com/easy-chicken-fried-rice-recipe/>

Home » Chicken Side Dishes » Easy Chicken Fried Rice Recipe
Easy Chicken Fried Rice Recipe
Recipe ↓
This authentic easy chicken fried rice recipe is better than takeout and it’s quick and easy to make! Loaded with fresh veggies, this homemade version is healthier, while still being filled with flavor. It’s also great for meal prep, and the leftovers taste delicious!
Instructions
Best Chicken Fried Rice
I love a great Chinese take-out recipe , and Chicken Fried Rice is always a must! This homemade version still has all of the flavors you would expect from a restaurant-style dish, but it is a lot healthier thanks to a few simple swaps.
This easy chicken fried rice recipe is so quick and easy to make at home, so ditch the takeout this week and give this a try instead. Everyone will absolutely love it, and the leftovers are just as delicious!
FREE EBOOK!
Download My Top 10 Chicken eBook
Subscribe and receive a free e-cookbook of our Top 10 Easy Chicken Recipes!
download now
Why You’ll Love this Chicken Fried Rice Recipe:
Super Easy: Making this dish at home is so simple! Just combine ingredients in a skillet, and it’ll be ready in no time.
Better Than Takeout: Skip the takeout order and make your favorites at home! It tastes just as good, and you can make a healthier version.
Flavorful: This fried rice is filled with chicken, carrots, peas, onions, and more, then seasoned and cooked up to absolute perfection!
How to Make Easy Chicken Fried Rice (Step by Step)
Be sure to see the recipe card below for full ingredients & instructions!
Cook the rice according to package directions, then let it cool and break it apart.
Add rice to a nonstick skillet briefly to brown, then set it aside.
In the same skillet, cook the chicken breast, then cut into thin slices.
Cook the veggies until tender, then incrementally add the rest of the ingredients to cook together.
Add the egg to the center of the rice and let it cook.
Stir everything together to create the BEST Easy Chicken Fried Rice.
Season to taste with salt and pepper, then serve hot!
Top Reader Review
“I really loved this recipe because I have made several attempts on getting that take out flavor! Finally did absolutely easy. The recipes here are easy and I appreciate them because this mama and wife is getting bored with dinner! Easy chicken recipes is reviving my dinner choices.” – Kendre Wilson
What ingredients are in chicken fried rice?
Chicken Fried Rice is made with a handful of ingredients, including fresh and frozen vegetables, a good quality chicken breast, and a couple of eggs. Plus a few aromatics that give this fried rice recipe it’s authentic Chinese flavor.
Crab Rangoon
The Perfect Rice Every Time
Make sure your oil is smoking hot before adding the rice. This will prevent the rice from sticking!
Easy Chicken Fried Rice with Vegetables
This fried rice is filled with peas, carrots, onion, and scallions, but it’s such a versatile recipe!
You can easily add in different vegetables depending on what you already have on hand. Sweetcorn, broccoli, or red peppers would all be wonderful additions. You could even add in a few handfuls of spinach at the end to add some greens. Frozen vegetables work really well here, but you can also use fresh.
Recipe Tips and Notes
Don’t over cook the final dish, or you’ll end up with tough rice and soggy veggies.
Use free range / organic eggs and chicken.
Be sure to fully cook the chicken all the way through to 165F.
Dice and cut up veggies ahead of time, so they’re ready to cook before dinner.
Store leftover chicken fried rice in an airtight container, and store in the fridge up to 4 days. It tastes delicious hot or cold!
How can you make chicken fried rice healthier?
Although the restaurant version of this dish is delicious, it’s also loaded with calories, and I won’t even mention how high the sodium is! But with a few simple swaps, you can make a healthier homemade chicken fried rice.
Be sure to use a low sodium soy sauce.
Making this at home with skinless chicken breast ensures you’re using a light and healthy option.
You just need a little canola/vegetable oil–don’t over do it!
You could also use a whole grain brown rice instead of white.
Make this super delicious, easy chicken fried rice recipe ASAP. You’ll be craving this instead of takeout every week, and the whole family will love it too!
More Chicken Takeout at Home Recipes

**6.** <https://www.yummly.com/recipe/Ground-Chicken-Fried-Rice-9063827>

We have no data for this page, because it isn't accessible for our crawler.

**7.** <https://www.atablefullofjoy.com/chicken-fried-rice/>

Print Recipe
Fried rice is so flavorful and delicious!
I make fried rice every week it seems- my husband loves it. I enjoy it- but my husband can eat it every day if it’s in the house.
Since I make it so often, I’ve come up with a tasty and easy fried rice recipe that anyone will love!
What type of rice to use?
Basic fried rice is made with white rice, but brown rice is fine too- but know it will taste a little different. Short grain rice- like sushi rice is great but I also use long grain rice like Jasmine when that’s what I have on hand.
Although I’ve made my fair share of fried rice using rice that is still warm from cooking- using cold rice (made the day before) tastes the best, browns nicely, and doesn’t clump.
If you want to speed up the cooling process of rice simply spread out the cooked rice on a baking sheet, cover with a damp paper towel and stick in the freezer until it’s cold (10 minutes) or the refrigerator (for 30 minutes).
I love to bake rice!
How to cook rice:
I’ve found my favorite way of cooking rice is to bake it- turns out perfect every time.
I like to rinse my rice until the water runs clear, then in an oven safe dish with a lid place the rice, 1 and ¼ cup water for every cup of rice, and bake at 375°F for 20-30 minutes. I check the rice at 20 minutes and if there is still water (which there usually is), continue baking.
The nice thing about this method is that you can open the lid, check the rice, and put it back in the oven if it’s not done without worrying about messing up the rice.
Alternative cooking methods include boiling rice on the stove- which I recommend following the instructions on the back of the rice package or in the instant pot.
I love how colorful fried rice is!
What veggies go in fried rice?
First thing first- I don’t like peas- so you won’t see them in this recipe BUT If you want peas in your fried rice by all means add them.
Veggies add so much flavor to the rice and give it lots of color.
I love adding sautéed white or yellow onion, green onion, and carrots to the rice. Peas, broccoli, daikon, radishes, bell pepper and so many more veggies can be added if you want!
Sauce is important!
The majority of the flavor comes from sauces used.
I’ve found that a combo of soy sauce, hoisin, and toasted sesame oil created a delicious combo that will make your taste buds sing!
Other seasonings?
I always add ginger and garlic- either fresh or ground. So delicious! And if you have a surplus of ginger use it to make my ginger juice !
Two last things: add cooked egg to the rice and use butter when frying it! Both are delicious additions that you don’t want to miss.
Fried Rice Takeaways
Use your tasty sauces
What about meat? Chicken Fried Rice anyone?
If you want to add meat, add it already cooked to the rice with the sauces.
Fried Rice Variations
Chicken Fried Rice: add cooked ground chicken or shredded chicken
Pork Fried Rice: add cooked ground pork or cooked pork shoulder
Shrimp Fried Rice: add cooked, peeled and deveined shrimp, chopped cilantro, cubed bell peppers
Spicy Korean Fried Rice: add Kimchi, gochujang, bean sprouts, bok choy, and grated ginger
Hawaiian Fried Rice: add pineapple, cubed ham, cubed red bell peppers, and a little coconut milk
Southwestern Fried Rice: add cooked bacon pieces and chopped green chile
Other tasty additions: ground turkey, beef short rib, steak, sausage, salmon potatoes, broccoli, mushrooms, radishes, tomatoes, crushed red pepper, and my tasty Asian sauce!
Carrots- shredded or diced?
I like to add both to the rice because I love the variety.
To shred the carrots, you can use a food processor or what I typically do is just use a potato peeler.
Do you like your carrots cubed or shredded?
Eggs- scrambled or made into ribbons?
You might be wondering what I mean by egg ribbons. Egg ribbons are thin slices of an omelet/egg crepe.
To make them you whisk two eggs, then heat a nonstick pan with about ½ teaspoon butter.
Once hot and butter is melted add the egg batter, swirling it around allowing it to coat the entire pan. Cook over low until set, the flip and let it finish cooking.
I love egg ribbons in fried rice!
You should end up with a crepe like flat egg omelet.
Then simply roll the omelet up and thinly slice.
I get that this might be a little more work than you want or care to put into fried rice- so if you just scramble some eggs that is perfectly fine too!
After all, this is supposed to be an easy fried rice recipe, but I wanted to give you all the options!
Egg ribbons are so fun!
How to make plain fried rice:
Make your rice and allow it to cool completely
Scramble your egg or make egg ribbons, set aside.
Chop up your carrots, white/yellow onion, garlic, and grate ginger (if using fresh ginger and garlic)
In a large fry pan add butter and allow to melt over medium heat.
Add veggies, garlic, and ginger, sautéing until softened and cooked through.
Turn heat up to medium high and then add remaining butter, the rice, soy sauce and hoisin, stirring to combine with the veggies. Stirring every 20-30 seconds for 4 minutes allow your rice and veggies to combine completely and just start to brown.
Remove from heat and stir in your sesame oil, scrambled eggs, and green onion.
Taste and see if it needs any more sauce then enjoy!
I love how easy this recipe is!
How to store leftover fried rice:
Store any rice in a an airtight container for up to 4 days.
How to reheat rice:
You can reheat rice in a skillet with a little butter to crisp it back up, or microwave in 30 second intervals, stirring, then repeat until rice is heated through.
The best fried rice ever!
If you like this recipe make sure to check out:

**8.** <https://dwardcooks.com/chicken-fried-rice/>

by admin
Sharing is caring!
Chicken Fried Rice is one of the easiest things to make, and it is so versatile that you can customize it a million different ways. To make it even easier, this chicken fried rice recipe uses two frozen Trader Joes products and doctors them up with a few ingredients I typically have in my pantry and refrigerator.
For the chicken fried rice, I used ground chicken, but you can substitute this with any protein you have on hand.
This Chicken Fried Rice is so easy, you'll be using your Sundays for better things instead of meal prepping.
This is my go-to for a quick, one pan and under 30-minute dinner or a quick Monday night meal prep when I spent the whole weekend doing fun things like this one. It's perfect as a side to a full homemade take-out feast, but you can easily double up your portion for a low point meal.
As described below, this recipe makes 7 1-cup portions for 3 WWSP a serving. This is that good WW math that makes this only 5 WWSP for 2 cups.
Ocean City > Meal Prep
Guys, I love spending my weekend in the kitchen. Really, I do enjoy it. Do you know what I enjoy more? Spontaneous day trips to the shore.
It was 65 degrees and sunny, and we were long overdue for a getaway, so I texted my wife and within 30 minutes we were packed and driving down to Ocean City, NJ . Ocean City is our happy place. My wife and I grew up going to Ocean City and it's been our favorite place to bring our girls.
My daughter's reaction every time we get here.
Even when it’s too cold to play on the beach, the Ocean City Boardwalk is worth the trip because our girls adore it. We adore it. It’s truly our family’s favorite place to be. By the time we park, our daughters are already shouting to go to their favorite spots.
My oldest: Pokey-dots. My youngest: pizza. Pokey-dots is the name my five-year-old gave a very specific horse on the Carousel in Gillian’s Wonderland Pie r. The pizza, as if that’s even a question, is Manco & Manco .
Every single time we are in OCNJ, we split a full half pepperoni Manco & Manco Pizza.
We had a double stroller, but if they're not sprinting down the OCNJ Boardwalk I've got one of them on my shoulders.
Big Girl Rides
My five-year-old is suddenly five and a big girl. Suddenly our fearless girl is even more fearless and now she’s in a whole new bracket of rides on Playland’s Castaway Cove and Gillian’s Wonderland Pier.
We’re talking roller coasters, the pirate ship, the big swings, more complicated playhouses that are not built for grown men (although of course, she wanted to take me along). This girl is fearless.
View from the last row of the Pirate Ship on OCNJ Boardwalk
She's been waiting for this ride for at least 2 years.
Even though she loves the last seat of the pirate ship because it goes the highest, she’s still our little girl who says goodbye to Pokey Dots each time we leave the boardwalk--something she’s done every summer we’ve gone down.
Ocean City has this magical power where nostalgia hits you hard and you remember the little kid rides, the ice cream melting down the hands of the little girl on your shoulders, and each photo strip you’ve kept from the same arcade photo booth.
My oldest and her dear old friend, Pokey Dots
So about this fried rice
My weekend was magical, but Monday came around and I ate a salad from the cafeteria salad bar for lunch. I didn’t even get a full food shopping trip this weekend. It was time to hit the freezer and lean on some of my favorites.
In less than 30 minutes, you can prep your week's lunches with a satisfying and easy chicken fried rice made at home
Trader Joe's is known for a lot of amazing things people swear by, myself included. Two of my favorite things they have are their frozen Vegetable Fried Rice and their Cauliflower Stir Fry. On their own, they are totally delicious and the cauliflower is a great low point option.
The full bag of Vegetable Fried Rice is 18 WWSP while the Cauliflower Stir Fry is only 3 WWSP. For me, I prefer mixing cauliflower rice in with regular rice to bulk up rice instead of substituting. Cauliflower will never fully replace rice, but mixing it together is a great healthy hack that doesn’t actually taste like cauliflower.
Ground Chicken Fried Rice
I like fried rice because it is versatile, and you can add any protein or vegetables. The recipe below will have my version where I am not utilizing leftovers, but starting from scratch with lean Ground Chicken. This is, of course, optional, but it is a delicious and zero point way to bulk up this side and make it a full meal.
The ingredients that I suggest were not ingredients I grew up with, but I didn’t grow up with many seasonings or exotic vegetables and herbs. None of these are exotic or hard to come by.
Growing up, cilantro and scallions would have been considered exotic and then would have just slowly gone bad in the refrigerator. What may be new to you would be ginger paste and garlic chili paste.
Ginger paste is something you can find in most produce sections and I love having it in the refrigerator for meals like this or my Chicken and Broccoli . The Garlic Chili Paste is a flavorful, deep flavor that makes any dish pop.
A little goes a long way, and this stuff rocks in this without it being too hot (like my Asian Turkey Meatballs ). My girls love this, it’s not spicy, just flavorful. I promise.
Chicken Fried Rice your whole family will love

**9.** <https://www.julieseatsandtreats.com/chicken-fried-rice/>

Julie's Eats & Treats ®
Posted: 05/15/22
This post may contain affiliate links. Please read our disclosure policy .
Quick and easy 30 minute dinner recipe that’s made in one skillet! Use up your leftover rice and chicken when you make Chicken Fried Rice. So easy and full of flavor making it even better than takeout.
Want to save this recipe? Enter your email below and we'll send the recipe straight to your inbox!
Email \*
Save This Recipe
Skip the takeout and make homemade chicken fried rice instead! I love to make our favorite Chinese takeout recipes at home, and fried rice is always a hit.
Let’s face it – ordering out gets really expensive for our family of five, so it’s a lot less costly to make copycat recipes at home! Chicken fried rice is an easy one to try, and it’s a great way to use up leftover chicken and frozen veggies buried in the freezer.
We love this as a side dish with beef and broccoli or orange chicken . Sometimes I air fry some frozen egg rolls, too!
Why This Recipe Works
It’s a quick 30-minute stir fry recipe perfect for weeknight dinners.
You don’t need a wok – a skillet works great! Plus, you only need one pan to make it. I always love fewer dishes to clean up.
It’s so easy to adapt this recipe with other ingredients. You can swap the meat, veggies, and you can use different kinds of rice to make it.
If you’ve never made chicken fried rice, you are going to love this easy recipe. It’s the best!
The Best Rice to Use
This dish is all about rice so use long grain rice or Jasmine rice. I like to use white rice, but brown rice will work, too!
For the best fried rice, you should use leftover cooked rice. Leftover cold rice is a little dry and not sticky, making it great for this dish. When I have this recipe in my meal plan, I cook the rice a day before or use leftovers from another meal.
If you don’t have leftover rice, you can make a fresh batch but allow it to fully cool. For the best results, spread it out on a baking sheet while it’s warm so it can dry out. This will keep it from getting mushy when you make the dish.
You can also use cauliflower rice for this dish to make it lower-carb. Cauliflower rice doesn’t have the exact same texture, but it works great!
Other Ingredients You’ll Need
Cooking oils: I like to use a combination of sesame oil and vegetable oil or canola oil to pan fry the rice. The sesame oil adds a delicious flavor!
Vegetables: There are a lot of choices, but I like to use diced onions, minced garlic cloves, and frozen peas and carrots.
Large eggs: Whisk the eggs in a small bowl. They cook right in the pan with everything else.
Cooked Meat: You can use cooked boneless skinless chicken breasts or boneless skinless chicken thighs. Cut them into cubes before adding them to the rice. You can also use rotisserie chicken!
Sauce: This fried rice recipe has a light sauce made with soy sauce and butter. For a less salty dish, use low sodium soy sauce.
Garnishes: We like sliced green onions to finish the dish! You can also add some salt and black pepper for serving.
Products Needed
Whisk
How to Make It
Heat the oils in a large skillet or wok over medium heat. Add the onions, peas and carrots and sauté them until the onions turn translucent.
Add the garlic and continuing cooking until he garlic is fragrant. This should only take about a minute. Add the rice and chicken to the pan and stir to combine.
Push the rice mixture to the sides of the pan to make room in the middle to cook the eggs. Pour the whisked eggs into the spot you cleared in the skillet.
Scramble the eggs with a spatula. Once they are cooked, stir them into the rest of the ingredients.
Add the soy sauce and butter. As the butter melts, stir everything together so it’s evenly coated.
Then add soy sauce and stir to mix. Season with salt and pepper and garnish the rice with green onions if desired.
What is the secret to fried rice?
For the best chicken fried rice, use cooked cold rice! When you chill leftover rice it dries out so it’s firmer. This means it won’t get mushy when you make the fried rice. That’s the secret!
What are the main ingredients in Chicken Fried Rice?
Rice, soy sauce, vegetables, eggs, and meat are the main ingredients in fried rice. There are tons of variations!
What type of meat is best to use in Fried Rice?
There are a lot of options – cooked chicken, beef (like steak or even ground beef), and pork are common. I’ve seen versions made with ground turkey and ground chicken, too! Or, leave out the meat and make vegetarian fried rice.
What other vegetables can you use?
Try diced bell peppers, red onion, scallions, cauliflower, even green beans! Fresh vegetables will take longer to cook, so I usually stick frozen ones. I’ve seen versions with nuts, too, like cashews!
How long does chicken fried rice keep?
If you use day-old leftover rice, your fried rice will keep for two to three days in the refrigerator. It might get a little dry, so add a little more soy sauce when you reheat it.
I know your family is going to love this easy chicken fried rice recipe! Everyone will think you ordered takeout – it’s that good. Give it a try soon and let me know what you think – Enjoy!
More Take-Out Inspired Recipes
Baked Sweet and Sour Chicken is healthier than a restaurant version but with the same delicious flavors!
Skip the Panda Express drive-through and make my copycat Chow Mein ! It’s so easy.
Easy Egg Roll in a Bowl has everything you love about egg rolls but served up bowl-style instead without the deep frying.
Did you make this? If you snap a photo, please be sure tag me on Instagram at @julieseatsandtreats or #julieseatsandtreats so I can see your yummy treat!
Want to save this recipe? Enter your email below and we’ll send the recipe straight to your inbox!
Email \*

**10.** <https://www.recipetineats.com/chicken-fried-rice/>

Chicken Fried Rice
Recipe v Video v Dozer v
The House Special – a fully loaded, fabulous Chicken Fried Rice!! With seasoned chicken, vegetables, fluffy egg and pops of salty bacon, this fried rice recipe is one that’s worthy of serving as a meal instead of as a fried rice side dish .
Don’t be fooled by recipes claiming to be “better than take out” that call for nothing more than soy sauce for flavour. It takes more than that for an authentic chicken fried rice – just ask your friendly local Chinese restaurant!!
Chicken Fried Rice
After Monday’s simple yet-myth-busting How To Cook Rice post, I thought I’d follow up with a quick ‘n easy recipe today. Using rice of course. My “House Special” chicken fried rice!! 😂
I know going with fried rice is an obvious option, and not the first I’ve shared at that. But I wanted to share a Chicken Fried Rice recipe which I haven’t done before specifically because while it’s very easy to say to people “oh, just cook up some chook before you toss in everything else!” in the notes of my everyday Fried Rice recipe , it’s just cleaner to have a recipe dedicated to Chicken Fried Rice.
And actually, the steps are a little different. 🙂
So that’s what I’m sharing today!
What you need
Here’s what you need for Chicken Fried Rice.
For the Fried Rice Sauce:
Soy sauce – either light or all purposes is fine here. DO NOT use dark soy sauce, it’s too intense. Maggie seasoning would also work but reduce the quantity a bit (it’s saltier!).
Oyster sauce can be substituted with either fish sauce + hoisin sauce (best!) or just hoisin sauce (though you will get a slight Chinese Five Spice Flavour which is lovely!)
Chinese cooking wine ( Shaoxing Wine ) (or Mirin or dry sherry) is the “secret ingredient” in fried rice. I really encourage you to get your hands on it if you can (or Mirin or dry sherry) because it really makes all the difference, adding complexity and depth to the sauce to make it stack up to Chinese restaurant fried rice! No alcoholic sub – see recipe notes, use chicken or vegetable stock powder / granulated bouillon.
And for the Add-Ins:
Day old cooked rice that’s been refrigerated – because the rice dries out and becomes crumbly which is what you need so your fried rice isn’t clumpy and mushy
Bacon – because it adds a load of flavour into fried rice and is the next best option to Chinese sausage (bit pricey in non Asian stores) or Chinese BBQ Pork (never have leftovers!) which is what restaurants typically use. Ham is also ideal!
Diced veg – go with what you want here, anything that’s dice-able and stir-fry-able. I typically use diced carrot, frozen corn and frozen peas (easy, quick, classic Chinese).
Egg – because we all love the fluffy egg bits in fried rice!
Green onion – for a bit of freshness and colour;
Chicken – oh yes, because this is a Chicken Fried Rice after all! 😂 (Feel free to sub with other proteins)
Onion and garlic – essential flavour base.
How to make it
As with all stir fries, once you start cooking, Chicken Fried Rice comes together very quickly so have everything chopped and ready to throw into the wok – or skillet!
The only thing worth noting is that I cook the egg first, then take it out and add it back in later. In my classic side-dish Fried Rice recipe, I cook the egg without taking it out – which you can get away with doing because there’s less “stuff” in the fried rice so it’s easy enough to handle.
With Chicken Fried Rice, there’s more “stuff” in it and if you try to cook it all up in one go, it gets a little much.
What to serve with Chicken Fried Rice
I happily serve this as a meal because while one ordinarily assumes fried rice is carb heavy, in actual fact this recipe only calls for 2 cups of cooked rice compared to almost 4 cups of other “stuff” (chicken, veg, bacon).
It sounds out of whack, but you can see from the photos that it looks just as it should – like a fully loaded Chicken Fried Rice!
And it is of course suitable for serving as a side with anything Chinese or Asian for that matter, but I’d avoid things with very strong kapow flavours, like Thai Red Curry or Kung Pao Chicken because this Fried Rice has enough flavour in itself.
Milder stir fries on the other hand like Beef and Broccoli , Cashew Chicken, Prawn Stir Fry and Chop Suey Chicken Stir Fry would be fabulous.
Also, some more ideas for how to serve Chicken Fried Rice:
MAKE A MEAL OUT OF STARTERS
Make a meal out of dishes ordinarily served as starters by adding a side of Fried Rice. Things such Hot and Sour Soup , Chinese Corn Soup , Spring Rolls , Chinese Lettuce Wraps (San Choy Bau) or Egg Foo Young .
BANQUET!
Indulge in a homemade Yum Cha (Dim Sum) style banquet with dishes such as Potstickers , Char Siu (Chinese BBQ Pork), Chinese Steamed Pork Buns , or Crispy Chinese Pork Belly with a side of Chinese Broccoli with Oyster Sauce or Chinese Lettuce with Creamy Sesame Dressing !
– Nagi x
Watch how to make it
More fried rice recipes
Recipe Notes:
\* Substitute items marked with \* with any dice-able, stir-fry-able vegetables of choice!
1. Bacon - adds terrific flavour to fried rice, it's a sub for Chinese sausages and Chinese BBQ Pork which restaurants usually use. Sub with ham.
Sounds criminal to trim excess fat if you have really fatty bacon, it will make fried rice taste too bacony!
2. Best rice for fried rice - long grain white rice or other white rice, cooked, then refrigerated overnight or frozen then thawed. Rice should be dry and crumbly, not sticky.
3. Chinese cooking wine or Mirin (or cooking sake or dry sherry) is an essential ingredient for making a truly "restaurant standard" fried rice. Though many recipes suggest using liquid chicken broth, please do not do this - it makes your fried rice wet and gluey!
If you can't consume alcohol, adjust recipe as follows: Reduce oyster and soy sauce to 2 tsp each, and add 1 tbsp water to the Sauce. Proceed with recipe. When you add the rice, add 1/2 tsp chicken or vegetable stock powder (or bouillon cube crumbled). Stir through, then add remaining Sauce ingredients exc the Cooking wine. Proceed with recipe, add tiny sprinkle of salt at end if you want it saltier.
4. Oyster sauce can be substituted with either fish sauce + hoisin sauce (best!) or just hoisin sauce (though you will get a slight Chinese Five Spice Flavour which is lovely!)
5. Soy sauce - use light or all purpose soy sauce. Do not use dark, flavour will be too intense. Maggie seasoning would also work but reduce the quantity a bit (it’s saltier!).
6. Storage - leftovers will keep for up to 3 days, reheat in microwave with a sprinkle of water if necessary to moisten it up again! Can also freeze - thaw then reheat.
7. Nutrition per serving, assuming 4 servings (about 1.5 cups per serving, a light meal or generous side!)
Nutrition Information:
Calories: 441cal (22%)Carbohydrates: 36g (12%)Protein: 21g (42%)Fat: 23g (35%)Saturated Fat: 6g (38%)Cholesterol: 126mg (42%)Sodium: 1167mg (51%)Potassium: 501mg (14%)Fiber: 3g (13%)Sugar: 4g (4%)Vitamin A: 3043IU (61%)Vitamin C: 15mg (18%)Calcium: 52mg (5%)Iron: 2mg (11%)
Keywords: Chicken fried rice, fried rice recipe
Did you make this recipe?I love hearing how you went with my recipes! Tag me on Instagram at @RecipeTinEats .
Life of Dozer
Pho , fried rice, salad….. doesn’t matter what I’m serving up, he always eyes it off like this!!

**ground chicken fried rice**

**1.** <https://www.scrambledchefs.com/the-best-chicken-fried-rice-recipe/>

Scrambled Chefs
The Best Chicken Fried Rice Recipe
Published:
Jump to Recipe
The chicken fried rice recipe is the perfect blend of flavors to tantalize your taste buds! With chicken and rice mixed with a variety of vegetables, this dish is sure to become a family favorite. You'll love having this easy-to-make recipe on hand so you can skip the take-out line and save a bit of money at home instead!
Jump to:
📖 Recipe
The Best Easy Chicken Fried Rice Recipe
Chicken fried rice is the perfect dish to make if you’re craving Chinese food but don’t have time to run out and grab takeout. It’s easy, delicious, and so much healthier than anything you could order from a local restaurant! Plus, if you already have rice on hand, it takes no time at all to whip this up. You won’t believe how good this tastes until you try it yourself!
This is quick, simple, and delicious. And best of all – it only requires a few ingredients that are probably already sitting in your kitchen right now. With just a little bit of prep work beforehand this meal will be on your table faster than any restaurant can deliver food!
If you like this, then you might also want to serve up our copycat bourbon chicken recipe on the side! Another easy option is this slow cooker sesame chicken recipe . Create your own unique feast instead of buying takeout this week.
Ingredients
If you plan to make a lot of recipes in a wok or with Chinese inspiration, you might want to check out the best woks and the best Chinese cleavers for a bit of kitchen supply shopping.
How to Make Chicken Fried Rice
In a large skillet or wok, heat the 1 tablespoon sesame oil over medium heat.
To the skillet, add the ground chicken, salt, black pepper, and ground ginger. Cook, 4 to 5 minutes, stirring regularly until the chicken is cooked through. Remove the chicken and set it aside.
To the skillet, add an additional 1 teaspoon sesame oil, then add the frozen peas and carrots along with the minced garlic and stir, continuously for 2 minutes.
Move the vegetables to the side of the pan, then add another tablespoon of sesame oil and the eggs to the skillet.
Cook the eggs, stirring regularly until scrambled.
Stir the vegetables and eggs together, then add the chicken back to the skillet and stir to combine.
Add in the rice and soy sauce and stir well.
Reduce the heat to low, and cook, stirring regularly, for an additional 2 to 3 minutes until the rice is heated through.
Taste and add additional salt and black pepper if needed before serving.
Frequently Asked Questions
What Rice is Best for Fried Rice?
While any white rice is best, you can use brown rice if you prefer. I do find that preparing rice the day before, or at least a few hours before making fried rice is best. This dish is ideal for making with leftover rice.
What Other Protein Can I Use in Fried Rice?
If you’re not a fan of chicken, or if you’re looking for a different protein option, there are plenty of others that would work well in this recipe. You can use ground beef, ground pork, or ground turkey.
Other options include chopping up leftover short ribs, rotisserie or grilled chicken, or even pork steak and stirring into the rice mixture. You can also use shrimp or lobster just make sure you don't overcook them and add them just at the last minute. If you want to use a vegetarian option, tofu or vegan meat crumbles work as well. This recipe works well with each of these proteins.
What Vegetables Can I Add to Fried Rice?
Using frozen peas and carrots is perfect in this and fairly classic to fried rice. You can, however, use whatever you have on hand or prefer, including bell peppers, bean sprouts, mushrooms, onions, broccoli, cauliflower, snow peas, and bamboo shoots. The sky is really the limit when it comes to adding other vegetables. You can add whatever vegetables that you enjoy.
How Long is Fried Rice Good For?
You can eat fried rice that has been stored in the refrigerator for about 2 to 3 days. You want to make sure that you store it properly and then reheat it before serving. Just like any other leftover, if it’s not stored properly you can get sick from eating food after it has gone bad.
Can I Freeze Leftover Fried Rice?
Yes! You can definitely freeze leftovers if you prefer and know it won't be eaten before it goes bad. Store it in a freezer bag or an airtight container. It will last for about 3 months when stored properly.
When you are ready to eat the frozen fried rice, you want to thaw it overnight in the refrigerator and then reheat it in the microwave or in a skillet on the stovetop. You may need to add additional water to moisten the rice a bit after freezing.
More Easy Recipes
Whether you are looking for a fast weeknight meal or just want something that has limited ingredients, below are a few more of my personal favorite easy recipes. Make sure you take the time to bookmark the recipes, pin them to a favorite Pinterest board, or even print them and file away with your recipe collection.

**2.** <https://grillonadime.com/blackstone-ground-chicken-fried-rice/>

**3.** <https://www.tyson.com/recipes/ground-chicken-fried-rice/>

Contact Us
Ground Chicken Fried Rice
Savory chicken with white rice, scrambled eggs, sweet peas, onions, carrots tossed with soy sauce and finished with diced tomatoes.
Savory chicken with white rice, scrambled eggs, sweet peas, onions, carrots tossed with soy sauce and finished with diced tomatoes.
Ground Chicken Fried Rice
Total Carbohydratenull g
Proteinnull g
Information for this recipe is approximate and derived by calculations based upon supplier information and available reference data. These values may change based on your final product, substitution and or addition of ingredients, or use of a particular cooking technique.
Print
Kosher salt and ground black pepper
1 tablespoon garlic paste
1 cup sweet peas, frozen or fresh
2 eggs, scrambled
1/2 cup low sodium soy sauce, divided
Cooking Instructions
Cook rice according to package instructions.
While cooking the rice, heat a well-oiled skillet over high heat. Cook the ground chicken until the golden in color, about 10-15 minutes, season with salt and pepper and garlic paste. Be sure to break up the ground chicken in the skillet while cooking, using a heat proof spatula.
Add the onions, carrots and peas to the skillet and cook until tender, about 5 minutes. Stir in the scrambled eggs and ¼ cup soy sauce until coated. Stir in the cooked rice and add the remaining soy sauce coating the rice. Finish with the diced tomatoes.
Share Your Cooking Tips

**4.** <https://www.cookingclassy.com/chicken-fried-rice/>

Recipe
Chicken Fried Rice is one of the best weeknight dinners around! It’s a homemade version of my favorite take-out classic. We all had that ham fried rice growing up but move over ham because the chicken variation is 100 times better!
The whole family will love this protein packed, hearty chicken and brown rice combo.
The BEST Chicken Fried Rice Recipe
This chicken fried rice will easily become one of your go-to dinners! It’s easy, it calls for basic ingredients, it’s hearty and filling and it’s perfectly flavorful.
Plus it’s quick to make and clean up is a breeze. It also makes perfectly delicious leftovers if you are lucky enough to have any left, or make it ahead for meal prep for the next couple of days.
It’s also an easy recipe to customize and swap out with another protein and you could even add in other vegetables.
Watch the Chicken Fried Rice Video:
What Ingredients go into Chicken Fried Rice?
Brown rice – leftover rice from the day before works best. White rice will work great here too.
Chicken breasts – I like to dice the chicken into very small pieces about 1/2 – 3/4-inch, it makes it the perfect size for this fried rice.
Toasted sesame oil – this oil is very strong and a little goes a long way. This ingredient adds lots of flavor to this dish.
Vegetable oil (or canola oil) – this is used for sautéing (along with the sesame oil so you won’t use to much of that and sesame oil on it’s own has a low smoke point).
Frozen peas and carrots blend – I like to use the frozen vegetable here to save time, but fresh will work too you’ll just have to longer so they’ll become tender enough.
Green onions – feel free to add more green onions to taste.
Garlic – only use fresh garlic here for best flavor.
Eggs – you can add 3 eggs here to stretch the recipe a bit. If it’s easier for you, you can stir in a bowl with a fork first then add to the skillet.
Low-sodium soy sauce – if you have regular sodium soy sauce that will work too, just start with 2 Tbsp and add more if needed.
How to Make Chicken Fried Rice
In a large non-stick wok or skillet, heat 1 1/2 tsp sesame oil and 1 1/2 tsp of the canola oil over medium-high heat.
Add chicken pieces, season lightly with salt and pepper and saute until cooked through, about 5 – 6 minutes.
Transfer chicken to a plate or a piece of foil and set aside.
Return skillet to medium-high heat, add remaining 1 1/2 tsp sesame oil and 1 1/2 tsp canola oil.
Add peas and carrots blend and green onions and saute 1 minute, then add garlic and saute 1 minute longer.
Push veggies to edges of pan.
Add eggs in center and cook and scramble until just set.
Return chicken to skillet along with rice.
Add in soy sauce and season with salt and pepper to taste.
Toss everything together and serve warm with Sriracha to taste if desired.
How is this Healthier than Traditional Fried Rice?
This is healthier than the traditional fried rice since uses brown rice and chicken in place of the traditional white rice and ham. Plus it uses low sodium soy sauce instead of the higher salt content traditional soy sauce.
Can I Make it with Cauliflower Rice?
I actually have a delicious Cauliflower Chicken Fried “Rice” recipe HERE for a lower carb option.
Can I Substitute Chicken Thighs?
Boneless skinless chicken thighs will work great here too, you’ll just need to add a couple of extra minutes cook time to the chicken. As always test the center temperature to 165 degrees on an instant read thermometer to test for doneness.
Can I Use Shrimp or Ham instead of Chicken?
Yes. Shrimp or ham can be used here as well. If using shrimp use small shrimp and you’ll only need to cook about 1 minute per side, and if using ham use 1 1/2 cups and i will only needed to be heated through since it’s pre-cooked.
How Much Dry Rice to Equal Prepared Rice?
You’ll want to start with about 1 1/4 cups dry brown rice to equal 3 cups cooked rice. But if you’re like me you’ll just make extra to have for another meal.
More Chinese Take-Out Recipes You’ll Love:
3 cups cooked long-grain brown rice (preferably left over rice. White is fine too)
3/4 lb bonelss skinless chicken breasts , diced into 3/4-inch pieces
1 Tbsp toasted sesame oil , divided
1 Tbsp canola oil , divided
1 1/3 cups frozen peas and carrots blend
3 green onions chopped

**5.** <https://www.yummly.com/recipe/Ground-Chicken-Fried-Rice-9063827>

We have no data for this page, because it isn't accessible for our crawler.

**6.** <https://easychickenrecipes.com/easy-chicken-fried-rice-recipe/>

Home » Chicken Side Dishes » Easy Chicken Fried Rice Recipe
Easy Chicken Fried Rice Recipe
Recipe ↓
This authentic easy chicken fried rice recipe is better than takeout and it’s quick and easy to make! Loaded with fresh veggies, this homemade version is healthier, while still being filled with flavor. It’s also great for meal prep, and the leftovers taste delicious!
Instructions
Best Chicken Fried Rice
I love a great Chinese take-out recipe , and Chicken Fried Rice is always a must! This homemade version still has all of the flavors you would expect from a restaurant-style dish, but it is a lot healthier thanks to a few simple swaps.
This easy chicken fried rice recipe is so quick and easy to make at home, so ditch the takeout this week and give this a try instead. Everyone will absolutely love it, and the leftovers are just as delicious!
FREE EBOOK!
Download My Top 10 Chicken eBook
Subscribe and receive a free e-cookbook of our Top 10 Easy Chicken Recipes!
download now
Why You’ll Love this Chicken Fried Rice Recipe:
Super Easy: Making this dish at home is so simple! Just combine ingredients in a skillet, and it’ll be ready in no time.
Better Than Takeout: Skip the takeout order and make your favorites at home! It tastes just as good, and you can make a healthier version.
Flavorful: This fried rice is filled with chicken, carrots, peas, onions, and more, then seasoned and cooked up to absolute perfection!
How to Make Easy Chicken Fried Rice (Step by Step)
Be sure to see the recipe card below for full ingredients & instructions!
Cook the rice according to package directions, then let it cool and break it apart.
Add rice to a nonstick skillet briefly to brown, then set it aside.
In the same skillet, cook the chicken breast, then cut into thin slices.
Cook the veggies until tender, then incrementally add the rest of the ingredients to cook together.
Add the egg to the center of the rice and let it cook.
Stir everything together to create the BEST Easy Chicken Fried Rice.
Season to taste with salt and pepper, then serve hot!
Top Reader Review
“I really loved this recipe because I have made several attempts on getting that take out flavor! Finally did absolutely easy. The recipes here are easy and I appreciate them because this mama and wife is getting bored with dinner! Easy chicken recipes is reviving my dinner choices.” – Kendre Wilson
What ingredients are in chicken fried rice?
Chicken Fried Rice is made with a handful of ingredients, including fresh and frozen vegetables, a good quality chicken breast, and a couple of eggs. Plus a few aromatics that give this fried rice recipe it’s authentic Chinese flavor.
Crab Rangoon
The Perfect Rice Every Time
Make sure your oil is smoking hot before adding the rice. This will prevent the rice from sticking!
Easy Chicken Fried Rice with Vegetables
This fried rice is filled with peas, carrots, onion, and scallions, but it’s such a versatile recipe!
You can easily add in different vegetables depending on what you already have on hand. Sweetcorn, broccoli, or red peppers would all be wonderful additions. You could even add in a few handfuls of spinach at the end to add some greens. Frozen vegetables work really well here, but you can also use fresh.
Recipe Tips and Notes
Don’t over cook the final dish, or you’ll end up with tough rice and soggy veggies.
Use free range / organic eggs and chicken.
Be sure to fully cook the chicken all the way through to 165F.
Dice and cut up veggies ahead of time, so they’re ready to cook before dinner.
Store leftover chicken fried rice in an airtight container, and store in the fridge up to 4 days. It tastes delicious hot or cold!
How can you make chicken fried rice healthier?
Although the restaurant version of this dish is delicious, it’s also loaded with calories, and I won’t even mention how high the sodium is! But with a few simple swaps, you can make a healthier homemade chicken fried rice.
Be sure to use a low sodium soy sauce.
Making this at home with skinless chicken breast ensures you’re using a light and healthy option.
You just need a little canola/vegetable oil–don’t over do it!
You could also use a whole grain brown rice instead of white.
Make this super delicious, easy chicken fried rice recipe ASAP. You’ll be craving this instead of takeout every week, and the whole family will love it too!
More Chicken Takeout at Home Recipes

**7.** <https://www.atablefullofjoy.com/chicken-fried-rice/>

Print Recipe
Fried rice is so flavorful and delicious!
I make fried rice every week it seems- my husband loves it. I enjoy it- but my husband can eat it every day if it’s in the house.
Since I make it so often, I’ve come up with a tasty and easy fried rice recipe that anyone will love!
What type of rice to use?
Basic fried rice is made with white rice, but brown rice is fine too- but know it will taste a little different. Short grain rice- like sushi rice is great but I also use long grain rice like Jasmine when that’s what I have on hand.
Although I’ve made my fair share of fried rice using rice that is still warm from cooking- using cold rice (made the day before) tastes the best, browns nicely, and doesn’t clump.
If you want to speed up the cooling process of rice simply spread out the cooked rice on a baking sheet, cover with a damp paper towel and stick in the freezer until it’s cold (10 minutes) or the refrigerator (for 30 minutes).
I love to bake rice!
How to cook rice:
I’ve found my favorite way of cooking rice is to bake it- turns out perfect every time.
I like to rinse my rice until the water runs clear, then in an oven safe dish with a lid place the rice, 1 and ¼ cup water for every cup of rice, and bake at 375°F for 20-30 minutes. I check the rice at 20 minutes and if there is still water (which there usually is), continue baking.
The nice thing about this method is that you can open the lid, check the rice, and put it back in the oven if it’s not done without worrying about messing up the rice.
Alternative cooking methods include boiling rice on the stove- which I recommend following the instructions on the back of the rice package or in the instant pot.
I love how colorful fried rice is!
What veggies go in fried rice?
First thing first- I don’t like peas- so you won’t see them in this recipe BUT If you want peas in your fried rice by all means add them.
Veggies add so much flavor to the rice and give it lots of color.
I love adding sautéed white or yellow onion, green onion, and carrots to the rice. Peas, broccoli, daikon, radishes, bell pepper and so many more veggies can be added if you want!
Sauce is important!
The majority of the flavor comes from sauces used.
I’ve found that a combo of soy sauce, hoisin, and toasted sesame oil created a delicious combo that will make your taste buds sing!
Other seasonings?
I always add ginger and garlic- either fresh or ground. So delicious! And if you have a surplus of ginger use it to make my ginger juice !
Two last things: add cooked egg to the rice and use butter when frying it! Both are delicious additions that you don’t want to miss.
Fried Rice Takeaways
Use your tasty sauces
What about meat? Chicken Fried Rice anyone?
If you want to add meat, add it already cooked to the rice with the sauces.
Fried Rice Variations
Chicken Fried Rice: add cooked ground chicken or shredded chicken
Pork Fried Rice: add cooked ground pork or cooked pork shoulder
Shrimp Fried Rice: add cooked, peeled and deveined shrimp, chopped cilantro, cubed bell peppers
Spicy Korean Fried Rice: add Kimchi, gochujang, bean sprouts, bok choy, and grated ginger
Hawaiian Fried Rice: add pineapple, cubed ham, cubed red bell peppers, and a little coconut milk
Southwestern Fried Rice: add cooked bacon pieces and chopped green chile
Other tasty additions: ground turkey, beef short rib, steak, sausage, salmon potatoes, broccoli, mushrooms, radishes, tomatoes, crushed red pepper, and my tasty Asian sauce!
Carrots- shredded or diced?
I like to add both to the rice because I love the variety.
To shred the carrots, you can use a food processor or what I typically do is just use a potato peeler.
Do you like your carrots cubed or shredded?
Eggs- scrambled or made into ribbons?
You might be wondering what I mean by egg ribbons. Egg ribbons are thin slices of an omelet/egg crepe.
To make them you whisk two eggs, then heat a nonstick pan with about ½ teaspoon butter.
Once hot and butter is melted add the egg batter, swirling it around allowing it to coat the entire pan. Cook over low until set, the flip and let it finish cooking.
I love egg ribbons in fried rice!
You should end up with a crepe like flat egg omelet.
Then simply roll the omelet up and thinly slice.
I get that this might be a little more work than you want or care to put into fried rice- so if you just scramble some eggs that is perfectly fine too!
After all, this is supposed to be an easy fried rice recipe, but I wanted to give you all the options!
Egg ribbons are so fun!
How to make plain fried rice:
Make your rice and allow it to cool completely
Scramble your egg or make egg ribbons, set aside.
Chop up your carrots, white/yellow onion, garlic, and grate ginger (if using fresh ginger and garlic)
In a large fry pan add butter and allow to melt over medium heat.
Add veggies, garlic, and ginger, sautéing until softened and cooked through.
Turn heat up to medium high and then add remaining butter, the rice, soy sauce and hoisin, stirring to combine with the veggies. Stirring every 20-30 seconds for 4 minutes allow your rice and veggies to combine completely and just start to brown.
Remove from heat and stir in your sesame oil, scrambled eggs, and green onion.
Taste and see if it needs any more sauce then enjoy!
I love how easy this recipe is!
How to store leftover fried rice:
Store any rice in a an airtight container for up to 4 days.
How to reheat rice:
You can reheat rice in a skillet with a little butter to crisp it back up, or microwave in 30 second intervals, stirring, then repeat until rice is heated through.
The best fried rice ever!
If you like this recipe make sure to check out:

**8.** <https://dwardcooks.com/chicken-fried-rice/>

by admin
Sharing is caring!
Chicken Fried Rice is one of the easiest things to make, and it is so versatile that you can customize it a million different ways. To make it even easier, this chicken fried rice recipe uses two frozen Trader Joes products and doctors them up with a few ingredients I typically have in my pantry and refrigerator.
For the chicken fried rice, I used ground chicken, but you can substitute this with any protein you have on hand.
This Chicken Fried Rice is so easy, you'll be using your Sundays for better things instead of meal prepping.
This is my go-to for a quick, one pan and under 30-minute dinner or a quick Monday night meal prep when I spent the whole weekend doing fun things like this one. It's perfect as a side to a full homemade take-out feast, but you can easily double up your portion for a low point meal.
As described below, this recipe makes 7 1-cup portions for 3 WWSP a serving. This is that good WW math that makes this only 5 WWSP for 2 cups.
Ocean City > Meal Prep
Guys, I love spending my weekend in the kitchen. Really, I do enjoy it. Do you know what I enjoy more? Spontaneous day trips to the shore.
It was 65 degrees and sunny, and we were long overdue for a getaway, so I texted my wife and within 30 minutes we were packed and driving down to Ocean City, NJ . Ocean City is our happy place. My wife and I grew up going to Ocean City and it's been our favorite place to bring our girls.
My daughter's reaction every time we get here.
Even when it’s too cold to play on the beach, the Ocean City Boardwalk is worth the trip because our girls adore it. We adore it. It’s truly our family’s favorite place to be. By the time we park, our daughters are already shouting to go to their favorite spots.
My oldest: Pokey-dots. My youngest: pizza. Pokey-dots is the name my five-year-old gave a very specific horse on the Carousel in Gillian’s Wonderland Pie r. The pizza, as if that’s even a question, is Manco & Manco .
Every single time we are in OCNJ, we split a full half pepperoni Manco & Manco Pizza.
We had a double stroller, but if they're not sprinting down the OCNJ Boardwalk I've got one of them on my shoulders.
Big Girl Rides
My five-year-old is suddenly five and a big girl. Suddenly our fearless girl is even more fearless and now she’s in a whole new bracket of rides on Playland’s Castaway Cove and Gillian’s Wonderland Pier.
We’re talking roller coasters, the pirate ship, the big swings, more complicated playhouses that are not built for grown men (although of course, she wanted to take me along). This girl is fearless.
View from the last row of the Pirate Ship on OCNJ Boardwalk
She's been waiting for this ride for at least 2 years.
Even though she loves the last seat of the pirate ship because it goes the highest, she’s still our little girl who says goodbye to Pokey Dots each time we leave the boardwalk--something she’s done every summer we’ve gone down.
Ocean City has this magical power where nostalgia hits you hard and you remember the little kid rides, the ice cream melting down the hands of the little girl on your shoulders, and each photo strip you’ve kept from the same arcade photo booth.
My oldest and her dear old friend, Pokey Dots
So about this fried rice
My weekend was magical, but Monday came around and I ate a salad from the cafeteria salad bar for lunch. I didn’t even get a full food shopping trip this weekend. It was time to hit the freezer and lean on some of my favorites.
In less than 30 minutes, you can prep your week's lunches with a satisfying and easy chicken fried rice made at home
Trader Joe's is known for a lot of amazing things people swear by, myself included. Two of my favorite things they have are their frozen Vegetable Fried Rice and their Cauliflower Stir Fry. On their own, they are totally delicious and the cauliflower is a great low point option.
The full bag of Vegetable Fried Rice is 18 WWSP while the Cauliflower Stir Fry is only 3 WWSP. For me, I prefer mixing cauliflower rice in with regular rice to bulk up rice instead of substituting. Cauliflower will never fully replace rice, but mixing it together is a great healthy hack that doesn’t actually taste like cauliflower.
Ground Chicken Fried Rice
I like fried rice because it is versatile, and you can add any protein or vegetables. The recipe below will have my version where I am not utilizing leftovers, but starting from scratch with lean Ground Chicken. This is, of course, optional, but it is a delicious and zero point way to bulk up this side and make it a full meal.
The ingredients that I suggest were not ingredients I grew up with, but I didn’t grow up with many seasonings or exotic vegetables and herbs. None of these are exotic or hard to come by.
Growing up, cilantro and scallions would have been considered exotic and then would have just slowly gone bad in the refrigerator. What may be new to you would be ginger paste and garlic chili paste.
Ginger paste is something you can find in most produce sections and I love having it in the refrigerator for meals like this or my Chicken and Broccoli . The Garlic Chili Paste is a flavorful, deep flavor that makes any dish pop.
A little goes a long way, and this stuff rocks in this without it being too hot (like my Asian Turkey Meatballs ). My girls love this, it’s not spicy, just flavorful. I promise.
Chicken Fried Rice your whole family will love

**9.** <https://www.julieseatsandtreats.com/chicken-fried-rice/>

Julie's Eats & Treats ®
Posted: 05/15/22
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Quick and easy 30 minute dinner recipe that’s made in one skillet! Use up your leftover rice and chicken when you make Chicken Fried Rice. So easy and full of flavor making it even better than takeout.
Want to save this recipe? Enter your email below and we'll send the recipe straight to your inbox!
Email \*
Save This Recipe
Skip the takeout and make homemade chicken fried rice instead! I love to make our favorite Chinese takeout recipes at home, and fried rice is always a hit.
Let’s face it – ordering out gets really expensive for our family of five, so it’s a lot less costly to make copycat recipes at home! Chicken fried rice is an easy one to try, and it’s a great way to use up leftover chicken and frozen veggies buried in the freezer.
We love this as a side dish with beef and broccoli or orange chicken . Sometimes I air fry some frozen egg rolls, too!
Why This Recipe Works
It’s a quick 30-minute stir fry recipe perfect for weeknight dinners.
You don’t need a wok – a skillet works great! Plus, you only need one pan to make it. I always love fewer dishes to clean up.
It’s so easy to adapt this recipe with other ingredients. You can swap the meat, veggies, and you can use different kinds of rice to make it.
If you’ve never made chicken fried rice, you are going to love this easy recipe. It’s the best!
The Best Rice to Use
This dish is all about rice so use long grain rice or Jasmine rice. I like to use white rice, but brown rice will work, too!
For the best fried rice, you should use leftover cooked rice. Leftover cold rice is a little dry and not sticky, making it great for this dish. When I have this recipe in my meal plan, I cook the rice a day before or use leftovers from another meal.
If you don’t have leftover rice, you can make a fresh batch but allow it to fully cool. For the best results, spread it out on a baking sheet while it’s warm so it can dry out. This will keep it from getting mushy when you make the dish.
You can also use cauliflower rice for this dish to make it lower-carb. Cauliflower rice doesn’t have the exact same texture, but it works great!
Other Ingredients You’ll Need
Cooking oils: I like to use a combination of sesame oil and vegetable oil or canola oil to pan fry the rice. The sesame oil adds a delicious flavor!
Vegetables: There are a lot of choices, but I like to use diced onions, minced garlic cloves, and frozen peas and carrots.
Large eggs: Whisk the eggs in a small bowl. They cook right in the pan with everything else.
Cooked Meat: You can use cooked boneless skinless chicken breasts or boneless skinless chicken thighs. Cut them into cubes before adding them to the rice. You can also use rotisserie chicken!
Sauce: This fried rice recipe has a light sauce made with soy sauce and butter. For a less salty dish, use low sodium soy sauce.
Garnishes: We like sliced green onions to finish the dish! You can also add some salt and black pepper for serving.
Products Needed
Whisk
How to Make It
Heat the oils in a large skillet or wok over medium heat. Add the onions, peas and carrots and sauté them until the onions turn translucent.
Add the garlic and continuing cooking until he garlic is fragrant. This should only take about a minute. Add the rice and chicken to the pan and stir to combine.
Push the rice mixture to the sides of the pan to make room in the middle to cook the eggs. Pour the whisked eggs into the spot you cleared in the skillet.
Scramble the eggs with a spatula. Once they are cooked, stir them into the rest of the ingredients.
Add the soy sauce and butter. As the butter melts, stir everything together so it’s evenly coated.
Then add soy sauce and stir to mix. Season with salt and pepper and garnish the rice with green onions if desired.
What is the secret to fried rice?
For the best chicken fried rice, use cooked cold rice! When you chill leftover rice it dries out so it’s firmer. This means it won’t get mushy when you make the fried rice. That’s the secret!
What are the main ingredients in Chicken Fried Rice?
Rice, soy sauce, vegetables, eggs, and meat are the main ingredients in fried rice. There are tons of variations!
What type of meat is best to use in Fried Rice?
There are a lot of options – cooked chicken, beef (like steak or even ground beef), and pork are common. I’ve seen versions made with ground turkey and ground chicken, too! Or, leave out the meat and make vegetarian fried rice.
What other vegetables can you use?
Try diced bell peppers, red onion, scallions, cauliflower, even green beans! Fresh vegetables will take longer to cook, so I usually stick frozen ones. I’ve seen versions with nuts, too, like cashews!
How long does chicken fried rice keep?
If you use day-old leftover rice, your fried rice will keep for two to three days in the refrigerator. It might get a little dry, so add a little more soy sauce when you reheat it.
I know your family is going to love this easy chicken fried rice recipe! Everyone will think you ordered takeout – it’s that good. Give it a try soon and let me know what you think – Enjoy!
More Take-Out Inspired Recipes
Baked Sweet and Sour Chicken is healthier than a restaurant version but with the same delicious flavors!
Skip the Panda Express drive-through and make my copycat Chow Mein ! It’s so easy.
Easy Egg Roll in a Bowl has everything you love about egg rolls but served up bowl-style instead without the deep frying.
Did you make this? If you snap a photo, please be sure tag me on Instagram at @julieseatsandtreats or #julieseatsandtreats so I can see your yummy treat!
Want to save this recipe? Enter your email below and we’ll send the recipe straight to your inbox!
Email \*

**10.** <https://www.recipetineats.com/chicken-fried-rice/>

Chicken Fried Rice
Recipe v Video v Dozer v
The House Special – a fully loaded, fabulous Chicken Fried Rice!! With seasoned chicken, vegetables, fluffy egg and pops of salty bacon, this fried rice recipe is one that’s worthy of serving as a meal instead of as a fried rice side dish .
Don’t be fooled by recipes claiming to be “better than take out” that call for nothing more than soy sauce for flavour. It takes more than that for an authentic chicken fried rice – just ask your friendly local Chinese restaurant!!
Chicken Fried Rice
After Monday’s simple yet-myth-busting How To Cook Rice post, I thought I’d follow up with a quick ‘n easy recipe today. Using rice of course. My “House Special” chicken fried rice!! 😂
I know going with fried rice is an obvious option, and not the first I’ve shared at that. But I wanted to share a Chicken Fried Rice recipe which I haven’t done before specifically because while it’s very easy to say to people “oh, just cook up some chook before you toss in everything else!” in the notes of my everyday Fried Rice recipe , it’s just cleaner to have a recipe dedicated to Chicken Fried Rice.
And actually, the steps are a little different. 🙂
So that’s what I’m sharing today!
What you need
Here’s what you need for Chicken Fried Rice.
For the Fried Rice Sauce:
Soy sauce – either light or all purposes is fine here. DO NOT use dark soy sauce, it’s too intense. Maggie seasoning would also work but reduce the quantity a bit (it’s saltier!).
Oyster sauce can be substituted with either fish sauce + hoisin sauce (best!) or just hoisin sauce (though you will get a slight Chinese Five Spice Flavour which is lovely!)
Chinese cooking wine ( Shaoxing Wine ) (or Mirin or dry sherry) is the “secret ingredient” in fried rice. I really encourage you to get your hands on it if you can (or Mirin or dry sherry) because it really makes all the difference, adding complexity and depth to the sauce to make it stack up to Chinese restaurant fried rice! No alcoholic sub – see recipe notes, use chicken or vegetable stock powder / granulated bouillon.
And for the Add-Ins:
Day old cooked rice that’s been refrigerated – because the rice dries out and becomes crumbly which is what you need so your fried rice isn’t clumpy and mushy
Bacon – because it adds a load of flavour into fried rice and is the next best option to Chinese sausage (bit pricey in non Asian stores) or Chinese BBQ Pork (never have leftovers!) which is what restaurants typically use. Ham is also ideal!
Diced veg – go with what you want here, anything that’s dice-able and stir-fry-able. I typically use diced carrot, frozen corn and frozen peas (easy, quick, classic Chinese).
Egg – because we all love the fluffy egg bits in fried rice!
Green onion – for a bit of freshness and colour;
Chicken – oh yes, because this is a Chicken Fried Rice after all! 😂 (Feel free to sub with other proteins)
Onion and garlic – essential flavour base.
How to make it
As with all stir fries, once you start cooking, Chicken Fried Rice comes together very quickly so have everything chopped and ready to throw into the wok – or skillet!
The only thing worth noting is that I cook the egg first, then take it out and add it back in later. In my classic side-dish Fried Rice recipe, I cook the egg without taking it out – which you can get away with doing because there’s less “stuff” in the fried rice so it’s easy enough to handle.
With Chicken Fried Rice, there’s more “stuff” in it and if you try to cook it all up in one go, it gets a little much.
What to serve with Chicken Fried Rice
I happily serve this as a meal because while one ordinarily assumes fried rice is carb heavy, in actual fact this recipe only calls for 2 cups of cooked rice compared to almost 4 cups of other “stuff” (chicken, veg, bacon).
It sounds out of whack, but you can see from the photos that it looks just as it should – like a fully loaded Chicken Fried Rice!
And it is of course suitable for serving as a side with anything Chinese or Asian for that matter, but I’d avoid things with very strong kapow flavours, like Thai Red Curry or Kung Pao Chicken because this Fried Rice has enough flavour in itself.
Milder stir fries on the other hand like Beef and Broccoli , Cashew Chicken, Prawn Stir Fry and Chop Suey Chicken Stir Fry would be fabulous.
Also, some more ideas for how to serve Chicken Fried Rice:
MAKE A MEAL OUT OF STARTERS
Make a meal out of dishes ordinarily served as starters by adding a side of Fried Rice. Things such Hot and Sour Soup , Chinese Corn Soup , Spring Rolls , Chinese Lettuce Wraps (San Choy Bau) or Egg Foo Young .
BANQUET!
Indulge in a homemade Yum Cha (Dim Sum) style banquet with dishes such as Potstickers , Char Siu (Chinese BBQ Pork), Chinese Steamed Pork Buns , or Crispy Chinese Pork Belly with a side of Chinese Broccoli with Oyster Sauce or Chinese Lettuce with Creamy Sesame Dressing !
– Nagi x
Watch how to make it
More fried rice recipes
Recipe Notes:
\* Substitute items marked with \* with any dice-able, stir-fry-able vegetables of choice!
1. Bacon - adds terrific flavour to fried rice, it's a sub for Chinese sausages and Chinese BBQ Pork which restaurants usually use. Sub with ham.
Sounds criminal to trim excess fat if you have really fatty bacon, it will make fried rice taste too bacony!
2. Best rice for fried rice - long grain white rice or other white rice, cooked, then refrigerated overnight or frozen then thawed. Rice should be dry and crumbly, not sticky.
3. Chinese cooking wine or Mirin (or cooking sake or dry sherry) is an essential ingredient for making a truly "restaurant standard" fried rice. Though many recipes suggest using liquid chicken broth, please do not do this - it makes your fried rice wet and gluey!
If you can't consume alcohol, adjust recipe as follows: Reduce oyster and soy sauce to 2 tsp each, and add 1 tbsp water to the Sauce. Proceed with recipe. When you add the rice, add 1/2 tsp chicken or vegetable stock powder (or bouillon cube crumbled). Stir through, then add remaining Sauce ingredients exc the Cooking wine. Proceed with recipe, add tiny sprinkle of salt at end if you want it saltier.
4. Oyster sauce can be substituted with either fish sauce + hoisin sauce (best!) or just hoisin sauce (though you will get a slight Chinese Five Spice Flavour which is lovely!)
5. Soy sauce - use light or all purpose soy sauce. Do not use dark, flavour will be too intense. Maggie seasoning would also work but reduce the quantity a bit (it’s saltier!).
6. Storage - leftovers will keep for up to 3 days, reheat in microwave with a sprinkle of water if necessary to moisten it up again! Can also freeze - thaw then reheat.
7. Nutrition per serving, assuming 4 servings (about 1.5 cups per serving, a light meal or generous side!)
Nutrition Information:
Calories: 441cal (22%)Carbohydrates: 36g (12%)Protein: 21g (42%)Fat: 23g (35%)Saturated Fat: 6g (38%)Cholesterol: 126mg (42%)Sodium: 1167mg (51%)Potassium: 501mg (14%)Fiber: 3g (13%)Sugar: 4g (4%)Vitamin A: 3043IU (61%)Vitamin C: 15mg (18%)Calcium: 52mg (5%)Iron: 2mg (11%)
Keywords: Chicken fried rice, fried rice recipe
Did you make this recipe?I love hearing how you went with my recipes! Tag me on Instagram at @RecipeTinEats .
Life of Dozer
Pho , fried rice, salad….. doesn’t matter what I’m serving up, he always eyes it off like this!!