

FRIED RICE



TIME: 20 MINS



SERVES: 4

INGREDIENTS

- 1½ tsp vegetable oil
- 1 tsp sesame oil
- ½ cup diced carrots (½" diced)
- ½ cup diced onions (½" diced)
- ½ cup diced celery (½" diced)
- 1 boneless, skinless chicken thigh, finely chopped
- ¼ cup frozen green peas
- 1 clove garlic, finely minced
- ½ tsp Chinese five spice
- 1 tbsp soy sauce
- 2 cups day old jasmine rice

DIRECTIONS

- 1** Mix sesame and vegetable oil. Place half of the oil in a large frying pan over high heat.
- 2** Add chicken, carrots, garlic, onions, and celery to pan and allow to fry for 2 minutes or until mixture begins to brown.
- 3** Remove mixture from pan and reserve.
- 4** Wipe pan clean and then add remaining oil. Add day old rice.
- 5** Allow rice to fry, undisturbed for 2 minutes.
- 6** Add meat/veg mixture, five spice, peas, and soy sauce and stir well to combine.
- 7** Transfer to bowls or plates and enjoy!

WORKING TOGETHER:

