Chicken Fried Rice
RECIPE

Chicken Fried Rice



TIME	20 mins
INGREDIENTS	9 items
MAKES	2 servings

You won't miss your local takeaway with this quick and tasty stir fry. Ben’s Original™ Special Fried Microwave Rice makes dinner easy.

INGREDIENTS

- Ben's Original™ Special Fried Microwave Rice 250g
- 1tbsp Sunflower Oil
- 2 Chicken Breasts, chopped
- 1 Capsicum, chopped
- 1 Carrot, chopped
- 50g Frozen Peas
- 2 Spring Onions, sliced
- 1tbsp Soy Sauce
- 1tbsp Sweet Chilli Sauce

INSTRUCTION

1. Heat the oil in a wok on a high heat. When hot, add the chicken breast and stir fry until golden. Add the capsicum and carrots then stir fry until beginning to soften and the chicken is cooked through.
2. Add the frozen peas to the pan with 1tbsp water and cook until the water is evaporated. Add in the spring onions and Ben’s Original™ rice, stirring constantly.
3. Stir the soy and sweet chilli sauce into the fried rice until coated. Serve immediately and top with spring onions and sliced chilli, if you like.

NUTRITION

AMOUNT PER SERVING

- Energy (kJ) 2099
- Protein (g) 50.9
- Total Fat (g) 12.4
- Saturated Fat (g) 0.4
- Carbohydrates (g) 42.5
- Total Sugars (g) 6
- Sodium (mg) 699

Categories:

Chicken, Easy Family Dinners, Stove Top, 15 - 30 Mins, Special Fried Rice

MORE RECIPES LIKE THIS



BBQ Chicken Bowl

Cooking time

30 mins

Ingredients

13 items



Korean Bibimbap

Cooking time

40 mins

Ingredients

17 items



Vegetable Fajitas

Cooking time

20 mins

Ingredients

10 items

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