



Chicken Fried Rice

Yield: 4 servings

Prep Time: 10-15 minutes

Cook Time: 30 minutes

Allergens: eggs, soy, wheat/gluten (soy sauce)

Kitchen Tools: cutting board, knife, 2 bowls, frying pan, wooden spoon

Ingredients:

1 cup	Whole grain brown minute rice
1 cup	Water (for rice)
1 pound	Chicken filets or breasts
2 tsp	Sesame oil
2 tsp	Canola oil
2 large	Eggs
2 each	Carrots
$\frac{3}{4}$ cup	Frozen green peas
$\frac{1}{2}$ cup	Frozen diced onion & pepper mix
2 cloves	Garlic, minced
$\frac{1}{4}$ cup	Low sodium soy sauce
$\frac{1}{4}$ tsp	Salt
$\frac{1}{4}$ tsp	Pepper
2 each	Green onions

Food Preparation Instructions

1. Wash and dry your hands.
2. Place a cutting board on the counter with a damp cloth underneath it to keep the board from sliding around.
3. Crack the eggs into a small bowl and whisk well; set aside.
4. Peel 2 carrots, cut off the ends and throw away, dice carrots into small pieces, and place them in a medium-sized bowl.
5. Peel the dry skin off 2 cloves of garlic; throw the skin away. Place the peeled garlic cloves on the cutting board. Place your fingertips on top of the knife blade near the tip. Keeping the tip of the knife on the cutting board, use an up and down motion, moving side to side to chop the garlic into smaller pieces. Continue until the pieces are very small. Set aside.



6. Measure out the frozen vegetables and add to the bowl of carrots, set aside.
7. If using green onions, slice thinly, place in a small bowl, and set aside.
8. Using the same cutting board, roughly chop the raw chicken into small, bite-sized pieces.
9. Wash and dry your hands after touching the raw chicken.
10. Clean up your counterspace. Place the cutting board in the sink and the knife on the counter next to the sink.
11. **Now follow the cooking directions on the next page.**

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Serves 4 people



Cooking Instructions

Prepare the rice:

1. Mix the rice and water in a microwave safe bowl or casserole dish.
2. Cover with a lid or a piece of plastic wrap.
3. Place dish in the microwave and cook on high for 8 minutes.
4. Using oven mitts, remove from the microwave and let sit for 5 minutes before removing the cover; fluff with a fork.
5. *Rice can also be prepared on the stove top using the directions on the box.*

Prepare the chicken fried rice:

1. In a large frying pan over medium-high heat (7 on the dial), add 1 tsp of sesame oil and 1 tsp of canola oil to the pan. Add the chicken pieces to the pan and sauté, turning as needed, until the chicken is cooked through, lightly browned, and no longer pink inside. This should take about 7-8 minutes.
 2. Turn off the stove top. Transfer the cooked chicken from the pan to a clean plate.
 3. Using the same frying pan over medium-high heat (7 on the dial), add 1 teaspoon sesame oil and 1 teaspoon canola oil. Add the peas, onions, peppers, and carrots to the pan and cook for 2-3 minutes, until the carrots have softened. Add the minced garlic and stir into the vegetables; cook for 1 minute longer.
 4. Reduce heat to medium (5 on the dial) and push the vegetables to the edge of the pan, creating an open space in the middle of the pan. Add the whisked eggs to the center of the pan and stir eggs until scrambled.
 5. Reduce heat to medium-low (3-4 on the dial).
 6. Add the chicken back into the pan along with the cooked rice.
 7. Add the soy sauce, salt, and pepper; mix well. Continue to cook for 3-4 minutes, stirring occasionally. Remove the pan from the heat and turn off the stove top.
- Serve while hot.

To serve, set out 4 plates and portion 1.5-2 cups of the chicken fried rice onto each plate. Top with a sprinkle of sliced green onions (optional).

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Estimated cost to serve 4 people:

QUANTITY	INGREDIENT	RECIPE COST (estimated)
1 cup (250 ml)	Whole grain brown minute rice	\$1.44
1 cup (250 ml)	Water (for rice)	\$0.00
1 pound (454 g)	Chicken filets (or breasts)	\$8.99
2 teaspoons (10 ml)	Sesame oil	\$0.24
2 teaspoons (10 ml)	Canola or vegetable oil	\$0.06
2 large	Eggs	\$0.73
2 each (1 cup diced)	Carrots, diced	\$0.25
¾ cup (188 ml)	Frozen green peas	\$1.00
½ cup (125 ml)	Frozen diced onion & pepper mix	\$1.13
2 cloves	Garlic, minced	\$0.08
¼ cup (60 ml)	Low sodium soy sauce	\$0.33
¼ tsp	Salt	\$0.01
¼ tsp	Pepper	\$0.01
2 each	Green onions, sliced thinly <i>(optional for garnish)</i>	\$0.50
TOTAL: \$14.76/recipe = \$3.69/person		

