



Chinese Chicken Fried Rice

This chicken fried rice recipe is very easy and tasty! It's basically cooked chicken, rice, soy sauce, and shredded egg stir-fried together. For best results, use leftover cooked rice.

Recipe by **LISA TOURVILLE** | Updated on January 31, 2023

Prep Time: 5 mins

Cook Time: 10 mins

Total Time: 15 mins

Ingredients

- 1 egg
- 1 tablespoon water
- 1 tablespoon butter
- 1 tablespoon vegetable oil
- 1 onion, chopped
- 2 cups cooked white rice, cold
- 1 cup cooked, chopped chicken meat
- 2 tablespoons soy sauce
- 1 teaspoon ground black pepper

Directions

Step 1

Beat egg and water together in small bowl. Melt butter in a large skillet or wok over medium-low heat; add egg and cook without stirring, 1 to 2 minutes. Remove egg from skillet and cut into shreds; set aside.

Step 2

Heat oil in the same skillet. Add onion; cook and stir until soft, about 3 minutes. Stir in rice, chicken, soy sauce, and pepper. Cook and stir for about 5 minutes; stir in shredded egg. Serve hot.

Nutrition Facts

Per serving: 255 calories; total fat 10g; saturated fat 3g; cholesterol 83mg; sodium 516mg; total carbohydrate 26g; dietary fiber 1g; total sugars 1g; protein 14g; vitamin c 2mg; calcium 31mg; iron 2mg; potassium 172mg