

Honey Garlic Chicken Fried Rice

In a sweet and savory sauce, this Honey Garlic Chicken Fried Rice has tons more flavor than any fried rice you'd find at your local take-out spot. This is great served right away or frozen for a quick and unique freezer meal.



4.75 from 8 votes

Prep Time	Cook Time	Total Time
10 mins	15 mins	25 mins

Course: Main Dish Cuisine: Asian Keyword: freezer friendly

Servings: 4 Calories: 418kcal Author: Jess Smith via Inquiring Chef Cost: \$9.50

Equipment

- Wok
- Wok Spatula

Ingredients

Honey Garlic Sauce

- 4 cloves Garlic, chopped
- 2 Tbsp Low-Sodium Soy Sauce (use Tamari for a gluten-free version)
- 1 Tbsp Honey
- 2 tsp Rice Vinegar
- 2 tsp Toasted Sesame Oil

Honey Garlic Fried Rice

- 1 lb Boneless, Skinless Chicken Breast, chopped
- 1/4 tsp Salt
- 1/4 tsp Black Pepper
- 2 Tbsp Cooking Oil, divided (I like avocado or grapeseed oil; vegetable or canola oil would also work)
- 1 large clove Shallot, diced
- 1 1/2 cups Frozen Peas and Carrots
- 2 1/2 cups Cooked Rice (see note)
- 2 tsp Lime Juice (add more or less, to taste)

Instructions

Make Sauce

1. Combine garlic, soy sauce, honey, rice vinegar, and toasted sesame oil. Set aside.
2. Season chicken with salt and black pepper.

Make Stir Fry

1. Place a wok over medium-high heat.
2. Add 1 Tbsp oil and when oil begins to simmer, add chicken.
3. Saute chicken until nearly cooked through.

4. In the last minute of cooking add half of the sauce (about 2 Tbsp) and continue cooking until chicken is coated in sauce.
5. Set chicken aside and return wok to heat.
6. To heated wok, add 1 Tbsp cooking oil and then shallot and veggies (no need to defrost them first). Saute until shallot is soft and veggies are warmed through, 3 to 4 minutes.
7. To vegetables, add remaining sauce, scraping up any browned bits on the bottom of the pan, and stir until it begins to simmer.
8. Add rice (if the rice is stuck together, use your hands to break the rice kernels apart as you add them to the pan) and stir constantly until rice absorbs all of the sauce and everything is combined.
9. Stir chicken back into rice. Squeeze lime juice over top.
10. Serve with hot sauce (I like Sriracha or Gochujang) if you'd like.

Notes

Any type of cooked rice will work here. It's best if the rice is a day or two old and has had time to dry as that will help it to hold its shape as it cooks. I prefer short-grain brown rice (shown in the photos above).

If you're delivering this meal to someone else or planning to freeze it for later, wait to add the lime juice until after the dish has been reheated. If freezing, transfer it to a freezer-safe plastic bag, pressing out as much air as possible. Attach this label to the top so that anyone can easily serve it!

Honey Garlic Chicken Fried Rice

To serve:

- 1) Remove from refrigerator 30 minutes before serving.
- 2) Transfer rice to a microwave-safe bowl and heat, stirring occasionally, until warmed through OR saute in a wok or frying pan with 1 Tbsp of oil until heated through.
- 3) Squeeze lime juice over top.
- 4) Serve with hot sauce (I like Sriracha or Gochujang) if you'd like.

If you prefer to save this meal for later, transfer to a freezer-safe plastic bag and freeze for up to 6 months.

Date Frozen: _____

To bake from frozen:

- 1) Defrost - overnight in the refrigerator. Let sit at room temperature for 30 minutes before cooking.
- 2) Transfer rice to a microwave-safe bowl and heat, stirring occasionally, until warmed through OR saute in a wok or frying pan with 1 Tbsp of oil until heated through.
- 3) Squeeze lime juice over top.
- 4) Serve with hot sauce (I like Sriracha or Gochujang) if you'd like.

Serving suggestion: Top fried rice with a fried egg and / or hot sauce; Serve with spring rolls.

Nutrition

Serving: 1.5cup | Calories: 418kcal | Carbohydrates: 46g | Protein: 30g | Fat: 13g | Saturated Fat: 2g | Cholesterol: 73mg | Sodium: 854mg | Potassium: 618mg | Fiber: 3g | Sugar: 10g | Vitamin A:

5020IU | Vitamin C: 9mg | Calcium: 38mg | Iron: 2mg