

Homemade Fried Brown Rice with Chicken

Adapted by Chef Jen

Ingredients:

1 lb chicken tenders or breast, chopped into 1-inch pieces (sub extra firm cubed tofu for vegetarian)

1 tbsp canola oil

½ tsp ground ginger

¼ each, salt and black pepper

1 ½ tablespoons butter, divided

1 egg, whisked

1 medium carrot, peeled and diced

¼ cup white onion, diced

½ cup frozen peas

1 clove garlic, minced

2 cups cooked and chilled brown rice

2 green onions, thinly sliced

2-3 tablespoons reduced sodium soy sauce (2 if using oyster sauce, 3 if not)

1 teaspoon oyster sauce (optional)

¼ teaspoon toasted sesame oil

Preparation:

1. Heat large sauté pan over medium high heat, add canola oil and chicken. Sprinkle chicken with ginger, salt and pepper. Sauté until browned and internal temp of 165°F. Set chicken aside. (For tofu, until crispy brown)
2. In the same skillet, heat 1/2 tablespoon of butter until melted. Add egg, and cook until scrambled, stirring occasionally. Remove egg, and transfer to a separate plate as well.
3. Add an additional 1 tablespoon butter to the pan and heat until melted. Add carrots, onion, peas and garlic, and season with salt and pepper. Sauté for about 5 minutes or until the onion and carrots are soft. Increase heat to high, add the rice, green onions, soy sauce and oyster sauce (if using), and stir until combined. Continue stirring for an additional 3 minutes to fry the rice. Then add in the eggs and stir to combine. Remove from heat, and stir in the sesame oil until combined. Option to toss chicken or tofu in, or serve on top.
4. Serve immediately, or refrigerate in a sealed container for up to 3 days.



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