

CHICKEN FRIED RICE

I mean really. Who doesn't like fried rice? Ok maybe my six year old doesn't because of the veggies inside, but I am pretty sure he is the only one out there.

For my birthday dinner with my family I chose to go to our favorite little chinese restaurant. And it was the bomb. But their fried rice was excellent. But I kept thinking, I can make this just as good at home and I have been craving it ever since!

Since I learned a few awesome tricks on how to get the perfect fried rice in my recipe here, I wanted to make a big old batch for myself for lunch. The baby was craving it that day. But I thought, why don't I add in some protein and make a meal out of it. You guys. The chicken gave it such amazing flavor! I really couldn't believe how good it turned out. I promise that you can stay at home and have this better than take out chicken fried rice. You will really be impressed with yourself.

For Complete Cooking Instructions Please Head On Over To Next Page Or Open button (>) and don't forget to SHARE with your Facebook friends

INGREDIENTS

- 3 boneless, skinless chicken breasts
- 1 (18 oz) bottle Teriyaki sauce
- 3 Tablespoons sesame oil (or vegetable oil)
- 1 cup frozen peas and carrots (thawed)
- 1 small onion, chopped
- 2 teaspoons minced garlic
- 2 eggs, slightly beaten
- 3 cups cooked white rice (day old or leftover cold rice is

best)

3-4 Tablespoons soy sauce

INSTRUCTIONS

Cook chicken covered in teriyaki sauce in a crock-pot on high heat for 3 hours. OR in oven at 375 F° for 35 minutes. Once cooked, slice into small pieces. Set aside. Heat the oil in a large skillet or wok over medium-high heat. Add the peas/carrots mix, onion and garlic. Stir fry until tender. Lower the heat to medium-low and push the mixture off to one side. Pour eggs on the other side of skillet. Stir fry until scrambled. Now add the rice and soy sauce and blend all together well. Stir in cooked chicken and cook until mixture is heated through. Serve and enjoy