

# CHICKEN FRIED RICE



## INGREDIENTS

- 4 teaspoons vegetable oil divided use
- 3/4 pound boneless skinless chicken breasts cut into 1/2 inch pieces
- 1/2 cup onion finely chopped
- 1/2 cup carrots peeled, quartered and sliced
- 1/2 cup frozen peas thawed
- 2 teaspoons minced garlic
- 2 teaspoons Amish Garlic & Sweet Basil Seasoning
- 2 eggs lightly beaten
- 3 cups cooked white rice long grain works best
- 3 tablespoons soy sauce low sodium is fine
- 1 tablespoon toasted sesame oil
- salt and pepper to taste
- 1/4 cup green onions sliced

## INSTRUCTIONS

1. Heat 2 teaspoons of oil in a large pan over medium high heat. Season the chicken pieces with salt and pepper to taste.
2. Place the chicken in a single layer in the pan. Marinate chicken with Amish Garlic & Sweet Basil (2 teaspoons). Cook for 4-5 minutes or until chicken is browned and cooked through. You may need to work in batches.
3. Remove the chicken from the pan and cover with foil to keep warm.
4. Add 1 teaspoon of oil to the pan, along with the onion and carrots. Cook for 4-5 minutes or until veggies are softened.
5. Add the garlic and cook for 30 seconds.
6. Remove the vegetables from the pan, then cover with foil to keep warm.
7. Pour the remaining teaspoon of oil into the pan; add the eggs and cook, stirring occasionally and breaking up with a spatula, until the eggs are scrambled and cooked through. Season the eggs with salt and pepper.
8. Add the rice, chicken, reserved cooked veggies and peas to the pan. Stir in the soy sauce and sesame oil and mix gently until everything is thoroughly combined and warmed through, 3-4 minutes.
9. Sprinkle green onions over the top of the rice mixture, then serve.