

Chicken Fried Rice

Learn to make authentic Chinese chicken fried rice with tender chicken, fluffy rice, and vegetables. Easy 30-minute recipe with step-by-step instructions.

15 min

PREP

35 min

COOK

50 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 1 cup rice
- 3 cup water
- 1 lb chicken thigh
- 2 carrot
- 2 egg
- 3 clove garlic
- 1 tbsp roasted sesame oil
- 2 tbsp unsalted butter
- 1 cup soy sauce
- 1 tsp salt
- 1 tsp black pepper

Instructions

1 Cook the rice

Combine 1 cup rice with 2 cups water in a medium saucepan. Bring to a boil over high heat, then reduce to low heat, cover, and simmer for 18 minutes until water is absorbed. Remove from heat and let cool completely, then refrigerate for at least 2 hours or overnight for best frying results.

2 Prepare the chicken

Cut 1 pound chicken into ½-inch cubes and season with salt and pepper. Heat 1 tablespoon oil in a large wok or skillet over high heat until the oil shimmers and just begins to smoke.

- 3 Add the chicken to the hot oil and stir-fry for 4-5 minutes, stirring frequently, until golden brown on all sides and cooked through to 165°F (74°C). Transfer chicken to a plate and set aside.
- 4 **Cook the vegetables**

Add 1 tablespoon oil to the same pan if needed. Add 2 diced vegetables and stir-fry for 2-3 minutes until crisp-tender and bright in color.
- 5 **Add eggs and aromatics**

Push vegetables to one side of the pan. Crack 2 eggs into the cleared space and scramble for 30-60 seconds until just set but still slightly wet. Add 3 minced garlic cloves and stir everything together for 30 seconds until fragrant.
- 6 **Fry the rice**

Add the chilled rice to the pan, breaking up any clumps with your spatula. Stir-fry for 3-4 minutes, tossing frequently, until the rice is heated through and slightly toasted with some grains turning golden.
- 7 **Finish and serve**

Return the cooked chicken to the pan and add 2 tablespoons soy sauce, 1 teaspoon sesame oil, and 1 teaspoon salt. Toss everything together for 1-2 minutes until evenly coated and heated through.
- 8 Remove from heat and stir in 1 cup chopped green onions. Taste and adjust seasoning with additional soy sauce or salt if needed. Serve immediately while hot.

Tips

Use day-old refrigerated rice for the best texture. Fresh rice contains too much moisture and will create a mushy final dish.

Cook over high heat throughout the entire process. This creates the characteristic smoky flavor and keeps ingredients from steaming in their own moisture.

Season the chicken with salt and pepper before cooking, and don't overcrowd the pan when browning to achieve proper caramelization.

Push ingredients to one side of the pan when adding eggs, allowing them to set slightly before scrambling to create distinct egg pieces rather than coating everything.

Add the soy sauce mixture only at the end to prevent the rice from becoming soggy and to maintain the vibrant colors of the vegetables.

Taste and adjust seasoning before serving, as different brands of soy sauce vary in saltiness and you may need additional salt, pepper, or sauce.

Prep all ingredients before you start cooking since the actual stir-frying process happens very quickly and there's no time to chop once you begin.

Use a large wok or skillet to give ingredients room to move around, which helps achieve even cooking and proper texture.