



# Chicken Fried Rice



prep time  
5-10 min



total time  
30 minutes



servings  
5-6

## Ingredients

- A little over 1 lb/450g chicken thigh (sub chicken breast if you prefer) ~ 13 servings
- 4 large eggs whisked ~ 4 servings protein, 1 1/3 servings fat
- 4 cups rice (sub cauliflower rice if you prefer) ~ 8 servings carb
- 1 cup green onions ~ 1 serving veggies
- 1 cup diced carrots (sub frozen peas and carrots) ~ 1 serving carb
- 1 cup peas ~ 1 serving carb
- 2 garlic cloves minced
- 1 small chunk of ginger minced
- 1/4 cup coconut aminos
- 2 tablespoon sesame oil ~ 2 servings fat
- 1-2 tsp rice vinegar
- 1/4 red pepper flakes
- Dash of salt for chicken
- Optional toppings: Sesame seeds, green onion, crushed cashews, hot sauce, avocado

# simple meal prep

## Instructions

- 1 Dice carrots into small chunks. Then finely chop or mince garlic and ginger. Take chicken and cut into small chunks.
- 2 In a large pan heat a little coconut oil on medium-high heat. While the oil melts, whisk 4 eggs in a bowl and add eggs to pan. Scramble eggs until fully cooked and then remove from pan. Let cool slightly then roughly chop into small pieces.
- 3 Return pan and add 1 TBSP of sesame oil to the pan. Then add green onion and cook 1-2 minutes. Then add minced garlic and ginger, stir frequently.
- 4 Take chicken chunks and season with salt. Then add to skillet with onions, garlic, and ginger. Stir regularly, until chicken is cooked. Add vegetables, stir consistently until soft.



- 5 Add cooked rice, remaining 1 tablespoon sesame oil, coconut aminos, red pepper flakes, and rice vinegar. Mix well and add scrambled eggs.
- 6 Serve in a large bowl because bowls are life! Top with fresh green onion, hot sauce, and sesame seeds or cashews!

Whole Recipe Breakdown:

17 Servings Protein

10 Servings Carb

3 1/3 Servings Fat

1 Servings Veggies

This is a super simple recipe to tweak and mix up the serving sizes. You can add more or less based on the number of meals and servings for your templates!

