

# Chicken Fried Rice

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/peruvian-chicken-fried-rice-recipe>

## Ingredients:

- 150 grams chicken
- 1 teaspoon corn starch
- 1 teaspoon soy sauce
- 1 teaspoon vegetable oil
- 1 pinch baking soda NOT BAKING POWDER Sorry for the audio mistake in the video
- 2 eggs
- 3 tablespoons oil
- 2 cups cooked rice
- 1 tablespoon minced garlic
- 1/4 cup red onion
- 1/3 cup green beans
- 1/2 cup carrot
- 1/4 cup spring onion
- 1 tablespoon light soy sauce
- 2 teaspoons dark soy sauce
- 1/4 teaspoon salt or to taste
- pepper to taste

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 130 milligrams
4. Fat: 15 grams
5. Fiber: 2 grams
6. Protein: 12 grams
7. SaturatedFat: 2 grams
8. Sodium: 710 milligrams
9. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy Chicken Fried Rice above. You can see more 19 peruvian chicken fried rice recipe Dive into deliciousness! to get more great cooking ideas.