

# One pot Chinese chicken fried rice

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-squash-carrot-onion-chicken-chinese-rice-pepper>

## Ingredients:

- 1 pound chicken chicken any works
- 1 teaspoon ginger grated
- 2 cloves garlic finely minced
- salt as required
- black pepper ground, as required
- 4 tablespoons oil
- 1 clove garlic finely minced
- 2 tablespoons chopped celery optional
- 1/2 onion chopped
- 2 cups rice uncooked
- 3 carrots chopped
- 1 1/2 tablespoons soy sauce
- 1 teaspoon white pepper
- 1 chicken stock cube plus water, can substitute for chicken stock use liquid as needed per your rice brand
- salt as required
- 6 spring onions green part of, chopped

## Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 75 milligrams
4. Fat: 18 grams
5. Fiber: 4 grams
6. Protein: 27 grams
7. SaturatedFat: 2.5 grams

8. Sodium: 1080 milligrams
  9. Sugar: 4 grams
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