

Chinese New Year Chicken Fried Rice

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetable-fried-rice-recipe-chinese-butter>

Ingredients:

- sesame oil
- 4 cups jasmine rice cold leftover, *, I separate the clumps in a bowl ahead of time
- 1 1/2 pounds chicken uncooked, cut into bit size pieces, you can also use any left over chicken, beef, pork, shrimp, etc.
- 2 garlic cloves minced
- 1 tablespoon minced ginger
- 2 eggs beaten
- 4 tablespoons soy sauce I use low sodium Tamari because I love the flavor
- 1 tablespoon rice vinegar
- frozen peas and carrots
- green onions
- zucchini
- white onion
- chopped cilantro
- mushrooms
- snap peas
- veggies

Nutrition:

1. Calories: 960 calories
2. Carbohydrate: 152 grams
3. Cholesterol: 215 milligrams
4. Fat: 15 grams
5. Fiber: 3 grams
6. Protein: 52 grams
7. SaturatedFat: 3 grams
8. Sodium: 1070 milligrams

9. Sugar: 1 grams

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