

Chicken Fried Rice

Ingredients

- 2 tablespoons light soy sauce
- 2 tablespoons sweet chilli sauce
- 2 tablespoons oyster sauce
- 2 tablespoons peanut oil
- 600 grams chicken breast, sliced thinly
- 1 brown onion, cut into thin wedges
- 2 cloves garlic, crushed
- 2 egg, lightly beaten
- 3 cups rice, cold cooked
- 1 cup thai basil leaves
- 4 green onion, sliced diagonally
- ¼ cup shallots, fried

Method

Combine soy sauce, sweet chilli sauce and oyster sauce in a small bowl. Set aside. Heat a wok over high heat until hot. Add 3 teaspoons oil and swirl to coat. Add half the chicken and stir fry for 2 minutes or until browned. Transfer to a plate. Repeat with oil and remaining chicken.

Add remaining 2 teaspoons oil and onion to wok. Stir fry for 2-3 minutes or until golden. Add garlic and stir fry for 30 seconds. Add egg and rice. Stir fry for 2-3 minutes or until egg is well combined with rice.

Return chicken to wok. Add soy sauce mixture, basil and green onions. Stir fry for 1-2 minutes or until well combined. Spoon into bowls. Sprinkle with fried shallots and serve.

Notes

1 cup of uncooked rice = 3 cups cooked rice

Source: Super Food Ideas (4 servings)
