

Quick sheet pan chicken fried rice

5 servings

This “fried rice” is actually baked. It’s flavourful and quick. Perfect for busy weeknights!

Ingredients:

4 chicken breasts
3 tablespoons toasted sesame oil
½ teaspoon black pepper
6 cups cooked rice – any long grain variety
1 cup frozen peas and carrots (no need to defrost)
3 tablespoons soy sauce
2 large eggs, scrambled
2 green onions, sliced into rounds
Toasted sesame seeds (optional)



Directions:

Preheat oven to 400° F.

Cube raw chicken and put it into a mixing bowl. Toss with sesame oil and black pepper. Place on sheet pan, and bake for 10 to 15 minutes until chicken is cooked.

Remove sheet pan from the oven. Add the rice, peas and carrots, and soy sauce. Mix to coat evenly. Put pan back into oven and bake for 5 to 10 minutes, depending on the temperature of your pre-cooked rice.

Meanwhile, heat a fry pan and scramble the eggs; cut eggs into bite sized pieces with your spatula.

Remove the sheet pan from the oven, add the eggs, and stir to combine.

Sprinkle the green onions and sesame seeds on top. Serve hot.

Enjoy!

Time-saving tips:

Use a cooked chicken from the supermarket and skip cooking the chicken yourself. Simply cut the chicken into bite-sized pieces, toss with other ingredients, and put it on the sheet pan.

Line sheet pan with parchment paper for quicker clean up.



Adapted from averiecooks.com recipe