

# CHICKEN FRIED RICE

**Time: 20 minutes**

**Serves: 4**

### Ingredients:

20g cold-pressed avocado oil  
450g ground chicken breast  
300g frozen diced carrots and peas (thawed)  
400g previously cooked and chilled rice  
30g soy sauce (or coconut aminos)  
10g toasted sesame oil  
8 green onions – sliced

### Preparation:

Preheat a wok or large, deep frying pan on high heat.

Add the oil. When the oil is hot, add the chicken, stirring and breaking apart constantly until just cooked through (approximately two minutes).

Add the carrots and peas, stir-frying for three minutes.

Add the rice, stir-frying for two minutes.

Add the soy sauce and sesame oil, stir-frying for two minutes.

Remove from heat. Stir in the green onions and serve immediately.

### Nutritional Information Per Serving:

Calories: 366

Fat: 9g

Carbs: 37g

Fibre: 3g

Protein: 31g