

Let's Talk Food Literacy

Chicken Fried Rice Makes 4 servings

Ingredients

Protein foods:

- Leftover meat, chopped (chicken, pork or beef)
- 2 eggs, beaten

Vegetables:

- 1 onion, peeled, diced
- 2 ribs of celery, diced
- 1 carrot, peeled, diced
- ½ cup peas
- ½ cup broccoli, chopped
- 1 pepper, diced

Other:

- 3 cloves garlic, minced
- 4 Tbsp vegetable oil
- ¼ cup soya sauce
- 2 cups rice, cooked



Chicken Fried Rice

Tips and Tricks:

- ⇒ **Wash hands** with soap and water before, during and after preparing food.
- ⇒ **Adapt this recipe** to your family's taste.
- ⇒ **Use a *calibrated* thermometer** to see if beef is cooked. *How do I calibrate?* Fill cup with ice and water. Insert thermometer. Adjust the dial to read 0° (32°F).

Directions

1. Wash vegetables. Cook rice according to package.
2. Heat ½ the oil on stove on medium-high heat in large frying pan with lid.
3. Sauté onions, celery and carrots for 3 minutes. Add peas, broccoli, peppers and meat and a ¼ cup of water. Cover, reduce heat to medium low and let cook 5 minutes, until the vegetables are tender and the meat is heated through.
4. Add in rice and cover with lid.
5. When heated through, make a well in the center of pan, add rest of oil and eggs. Let cook. Mix eggs into the rice and add soya sauce.
6. When the fried rice reaches 165°F, it is ready!

Watch the how-to video! <https://youtu.be/DDnRh3AugEQ>