

Fried Rice with Chicken, Pork, Shrimp or Tofu

Serves Four



Ingredients

1 ½ pounds boneless, skinless chicken breast OR pork tenderloin OR shelled and deveined shrimp OR tofu *cut into 1" cubes

Marinade for the protein:

2 teaspoons freshly grated ginger
1 tablespoon sesame oil
¼ teaspoon kosher salt
¼ teaspoon pepper
1 tablespoon canola oil
2 cloves garlic, minced
2 tablespoons soy sauce

For the Fried Rice:

2 eggs, beaten
2 tablespoons canola oil, divided
3 cups cooked rice
½ cup scallions, finely chopped
¼ teaspoon chili oil or sriracha
1 cup carrots, sliced and steamed (cooked in microwave until tender)
1 cup peas
2 tablespoons soy sauce
2 tablespoons sesame seeds

Steps

1. Cut your protein of choice into small chunks (cubes) and place in a medium-sized bowl with ginger, sesame oil, canola oil, minced garlic, soy sauce and pepper. Toss to coat. Cover bowl and refrigerate for at least 1 hour (or overnight).
2. Get a wok or large skillet ready over medium-high heat. Coat the pan with one tablespoon of canola oil. Add the beaten eggs and swirl the pan around so as to coat the bottom with a thin layer of egg. Using a spatula, check to see if the bottom of the egg is lightly browned. Using your fingers (carefully - it's hot), flip over the egg so as to briefly cook the other side. Once the egg is lightly browned, flip it out onto a cutting board and let cool. Roll up the egg like a fruit roll and thinly slice into ribbons. Set aside.
3. Add the marinated protein to the hot pan and cook on high until it's cooked through (or for tofu - until it's browned on all sides). Remove to a bowl or plate. Add the remaining one tablespoon canola oil and chili oil or sriracha. Sauté the scallions for a couple of minutes. Then add the rice, stirring to coat. Cook for 3 - 4 minutes on high heat before adding soy sauce, carrots, and peas. Cook until heated through. Add the protein and eggs back and cook for a few minutes more. Taste for seasoning. Remove to a serving dish and top with toasted sesame seeds. Serve hot.