

THAI CHICKEN FRIED RICE

Preparation: **10** minutes | Cooking: **15** minutes | Servings: **6**

INGREDIENTS

4 chicken thighs or
2 large chicken breasts
2 large garlic cloves
2 eggs
1 onion
3 cups cooked basmati rice
1 cup mixed vegetables (fresh or
frozen broccoli, carrots, peas)
1/2 teaspoon chopped
lemongrass
Salt and black pepper
2 tablespoons Tamari
or naturally fermented
soy sauce

1 tablespoon fish sauce
1 teaspoon brown sugar



INSTRUCTIONS

Heat oil in a large wok or skillet over medium-high heat. Add onion and stir-fry for 1 minute. Add chicken and stir fry until it starts to brown. Add the garlic and lemongrass and stir-fry for around 30 seconds. Add the vegetables and stir-fry for 1-2 minutes. Push the chicken and vegetables to the side (or remove from wok), and pour the egg into the middle. Let it sit for a bit before breaking up. Don't scramble, if possible — you want egggy ribbons not scrambled egg. Remove from wok. Add a little more oil to the wok or pan, and add the rice and sauce. Stir fry for 2 minutes so the rice is heated through. Stir chicken, vegetables and egg through the rice. Serve immediately, garnished with fresh coriander and lime wedges, if desired.