



# Noreen's Kitchen

## Chicken Fried Rice

### Leftover Makeover

#### Ingredients

1 pound chicken breast, cubed  
1/2 cup carrot, chopped  
1 medium onion, chopped  
4 stalks celery, chopped  
2 cups mushrooms  
1 cup frozen peas  
4 cloves garlic, minced

1 tablespoon ginger, minced  
2 tablespoons corn starch  
2 teaspoons toasted sesame oil  
2 tablespoons soy sauce  
3 tablespoons sunflower oil, divided  
4 to 6 cups cold, leftover, cooked rice  
Chopped Green onion and cilantro (optional)

#### Step by Step Instructions

combine chicken, corn starch. 2 teaspoons of toasted sesame oil and 2 tablespoons of soy in a large bowl. Mix well.

Heat 2 tablespoons of oil in a large heavy bottomed skillet or wok until it is just shy of the smoking point. You can see it is hot enough when the oil ripples when you move the pan.

Add the chicken to the pan. Sautee' until cooked through. Remove from pan and set aside. If needed, clean out your pan and return it to the heat.

Add 1 tablespoon of oil to the hot pan.

Add ginger and garlic and Sautee' for 30 seconds.

Add all vegetables except peas to the pan and Sautee' until onions are translucent.

Add rice to the pan and stir well to combine.

At this time add more soy sauce and/or toasted sesame oil to your own preference and taste. Stir well.

Add peas to the rice mixture and incorporate gently.

Add chicken back to the mixture and combine.

Remove from heat and serve.

Optionally you can add fresh chopped green onion and fresh torn cilantro to the top of your rice for a fresh addition.