

## Chicken Fried Rice

### Ingredients:

- 8 Chick-fil-A® Nuggets, sliced in half

---

- 1 egg, beaten

---

- ¼ yellow onion, medium, diced

---

- 1 tbs ginger, minced

---

- 1 tbs garlic, minced

---

- ½ orange peel, finely chopped

---

- 1½ cups cooked white rice, refrigerated for one day

---

- 2 tbs soy sauce

---

- 2 tbs sugar

---

- ¾ cup frozen vegetables (carrots, corn, peas, string bean)

---

- 2 tsp sesame oil

---

- Black pepper, ground

---

- 1 stalk scallion, chopped

---




### Directions:

- Wash hands for 20 seconds using soap and warm water. **If not using chicken immediately, pop in the fridge as soon as possible after purchase and remove once ready for prep.**
  
- 1. Heat large, non-stick pan on high heat.
- 2. Add canola oil and heat for 10-15 seconds.
- 3. Add egg and spread around pan to make thin layer. Cook and break up into small pieces. Transfer to clean bowl and set aside.
- 4. Add ginger, garlic, and orange peel. Lightly fry for 10-15 seconds.
- 5. Add onion. Lightly fry for 30 seconds.
- 6. Add rice and stir well to mix with ginger, garlic, and onion. Allow rice to heat for 30 seconds.
- 7. Add soy sauce and sugar. Stir well to mix with rice.

(Directions continued on back)

## Nugget Grits Bowl

### Directions (continued):

8. Add frozen vegetables and stir. Allow frozen vegetables to heat for 30 seconds.
9. Add sliced nuggets and stir. Allow nuggets to heat for 30 seconds.
10. Add sesame oil and stir well to mix throughout rice.
11. Turn off heat.
12. Add scallion and mix well.
13. Add ground black pepper to taste.
14. Plate to serve. Garnish with sesame seeds (optional).

