

Air Fryer Chicken Fried Rice Recipe

Description

PREPRATION TIME:

• COOK TIME 20 minutes

default watermark TOTAL TIME 20 minutes

Ingredients:

- 3 cups cooked white rice, cold
- 1 cup cooked chicken, diced
- 1 cup frozen peas and carrots
- 6 tbsp soy sauce
- 1 tbsp vegetable oil
- 1/2 cup onion, diced

Instructions

- 1. Place the cold cooked white rice into the mixing bowl.
- 2. Add the vegetable oil and the soy sauce and mix thoroughly.
- 3. Add the frozen peas & carrots, the diced onion and the diced chicken and mix thoroughly.
- 4. Pour the rice mixture into the nonstick pan. (If using the aluminum pan then spray it with nonstick cooking spray first.)
- 5. Place the pan into the Air Fryer.
- 6. Set the Air Fryer to 360 f with a 20 minute cooking time.
- 7. Once the timer goes off, remove the pan from the Air Fryer.
- 8. Serve with your favorite meat, or just grab a bowl and enjoy!

Nutrition Information:

YIELD:8

SERVING SIZE:

1 Servings

Amount Per Serving: CALORIES: 151TOTAL FAT: 4g SATURATED FAT: 1g TRANS FAT: 0g UNSATURATED FAT: 3g CHOLESTEROL: 16mg SODIUM: 686mg CARBOHYDRATES: 21g FIBER: 1gSUGAR: 2g PROTEIN: 7g

Category

1. Air Fryer Recipes

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