

Air Fryer Chicken Fried Rice Recipe

Description

PREPRATION TIME:

- **COOK TIME** 20 minutes
- **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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