

Chicken Fried Rice

A tasty mix of carrots, broccoli, peas, onions, rice, egg and Pierce Chicken® Natural Proportion 1/2" diced chicken, stir-fried with soy sauce, garlic and ginger.

YIELD

100 servings

MENU FIT/DAYPART

Lunch

COMPONENTS

1230

1230

1230

1230

1230

1230

1230

DIFFICULTY

Easy

ALLERGENS

soy, egg

INGREDIENTS AND PREPARATION

6 1/4 pounds Pierce 1/2" Diced Chicken (1230)

1 1/2 cups dark sesame oil (or olive oil)

7 pounds carrot, chopped

(1 cup)

9 3/5 pounds broccoli, coarsely chopped

8 1/4 pounds green peas, frozen

1 pound green onions, divided

1/2 pound minced garlic cloves

1 1/2 cups ginger, peeled, grated

25 pounds brown rice, cooked, chilled (about 150 cups)

50 eggs, lightly beaten

3 1/4 cups low-sodium soy sauce

2 tablespoons black pepper

Preheat oven to 350°F. Cook chicken in a conventional oven for 32-35 minutes or a convection oven for 18-20 minutes or until internal temperature reaches 165°F.

2. In a large tilt skillet over medium high heat, add oil. Add carrot and broccoli, stir-fry 3 minutes until crisp-tender.

3. Add rice cook 3 minutes or until thoroughly heated, stirring occasionally. Reduce heat to medium.

4. Push rice mixture to the side. Add eggs and cook without stirring for 10 seconds. Cook, stirring frequently, 2 additional minutes or until eggs are scrambled.

5. Stir in soy sauce and pepper. Sprinkle with remaining onions. Serve immediately.

Serving Suggestions: Serve with a whole wheat roll, a green salad, apple slices and milk.



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