



Chicken Fried Rice

The Egg Roll Ladies

Ingredients:

For annatto oil:

- 1 teaspoon annatto seeds
- 1 tablespoon oil

For fried rice:

- 3 cups steamed white rice, cooked
- 1 lb chicken breast
- 2 eggs
- ¼ yellow onion, diced
- 1 Chinese sausage, diced or sliced
- ½ bag frozen mixed vegetables
- 3 tablespoons soy sauce
- Salt
- Pepper

Instructions:

1. In a skillet, toast 1 teaspoon of annatto seeds with 1 tablespoon oil. Separate these seeds from the oil.
2. Combine the annatto oil with the steamed white rice and mix, gently, by hand until all the rice is dyed the intended shade of yellow. (Start with 1 teaspoon of oil at a time.)
3. On high heat in a wok, cook chicken and yellow onion together until chicken is cooked fully.
4. Add in 1 tablespoon soy sauce and half Chinese sausage. Cook until sausage is cooked completely.
5. Push meats to the side of the wok and add 1 egg. Scramble the eggs and combine eggs with meats once cooked.
6. Add in ¼ bag of frozen mixed vegetables and stir until thawed.
7. Add half of the rice into the wok, mix all together.
8. Add another 2 tablespoons soy sauce to the wok and season to taste with salt and pepper.
9. Repeat steps 3-8 with second portion of the rice.
10. Serve when hot.

Tips:

- Make sure you are constantly stirring the food in the wok.
- Gas stove tops are preferred when cooking with a wok.

