Chicken Fried Rice

By @chefberkin

Ingredients

For the chicken:

- 200 g boneless, skinless chicken thighs, cut into small cubes
- 2 tbsp cornstarch
- 2 tbsp soy sauce
- White pepper, to taste

For the fried rice:

- 250 g cooked rice, cold from the fridge, preferably from the day before
- 3 tbsp canola oil, plus more as needed
- 6 garlic cloves, finely chopped
- 1 red chili, finely chopped
- Green onions, chopped, white and green parts separated
- 2 eggs
- 1 tbsp white sugar
- ½ tsp MSG
- 2 tbsp soy sauce, plus more to taste
- 1 tbsp sesame oil

To serve:

- Sesame seeds
- Chopped green onion

Method

1. **Marinate the chicken.**
   Place the chicken in a bowl. Add the cornstarch, soy sauce and white pepper. Mix well and leave to marinate for 15 minutes.
2. **Fry the chicken.**
   Heat the canola oil in a wok or deep pan over high heat. Add the chicken and spread it out. Let it develop a nice crust before tossing. Fry for about 5 minutes, or until cooked through, then remove from the pan.
3. **Cook the aromatics and eggs.**
   Add a little more oil if needed. Add the garlic, red chili and white parts of the green onions. Stir-fry for about 1 minute, keeping everything moving so the garlic doesn't burn. Add the eggs and scramble for about 1 minute, until just set. Remove everything from the pan.
4. **Fry the rice.**
   Add a little oil if needed, then add the cold rice. Break up any clumps and stir-fry over high heat for about 5 minutes, tossing regularly.
5. **Bring everything together.**
   Add the sugar, MSG and soy sauce. Toss well, then return the chicken and egg mixture to the pan. Add the sesame oil and green parts of the green onions. Toss over high heat until everything is combined and hot. Taste and add more soy sauce if needed.
6. **Serve.**
   Finish with sesame seeds and fresh green onion. Enjoy.

2 Tips from @chefberkin

1. **Cold rice makes a difference.** Use rice that was cooled promptly after cooking and stored in the fridge overnight. Break up the clumps before frying so the grains cook evenly and stay separate.
2. **Give the chicken space.** Spread it in one layer and let it sit briefly before tossing. This helps build a golden crust. If your pan is small, fry it in batches.