

Chicken Fried Rice

Chicken:

2 lb chicken breasts
1/2 cup sugar
1/2 cup soy sauce
1/4 cup apple cider vinegar
1/2 tsp ground ginger
1/2 tsp garlic, minced
1/8 tsp pepper
1 Tbsp cornstarch
1 Tbsp cold water

Rice:

2 Tbsp sesame oil
1 small onion, diced
2 cups frozen peas and carrots, thawed
2 eggs lightly beaten
4-5 cups cooked rice
3 Tbsp soy sauce
2-3 green onions, sliced

Place chicken in a slow cooker. Combine sugar, soy sauce, vinegar, ginger, garlic, and pepper in a small bowl. Pour over chicken. Cover and cook on low heat for 3-4 hours or until cooked through. Remove chicken from the slow cooker. Pour liquid from the slow cooker into a saucepan and bring to a boil. Combine cornstarch and water. Stir into sauce until thickened. Shred chicken; pour sauce over it and mix well.

Heat a large skillet or wok over medium heat. Pour sesame oil into wok. Add onion, peas, and carrots and stir fry until tender. Slide veggies to one side of the wok. Pour eggs in the center of the wok and cook until scrambled. Once the eggs are cooked, mix with veggies. Add rice and chicken to the wok and stir to combine. Pour soy sauce over mixture and mix well. Cook until heated through. Sprinkle with green onions.

Serves 6