

DINNERLY



Low-Cal Sheet Pan Chicken "Fried" Rice with Peas & Carrots



30-40min



2 Servings

Fried rice has never been easier, and more mess-free. Toss it all together on a rimmed baking sheet, drizzle with teriyaki sauce, and pop it in the oven for some cook time to get that rice nice n' crispy. We've got you covered!

WHAT WE SEND

- 3 oz carrots
- 5 oz jasmine rice
- 2 (2 oz) teriyaki sauce ^{1,2}
- ½ lb pkg chicken breast strips
- 5 oz peas

WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil
- apple cider vinegar (or white wine vinegar)
- garlic

TOOLS

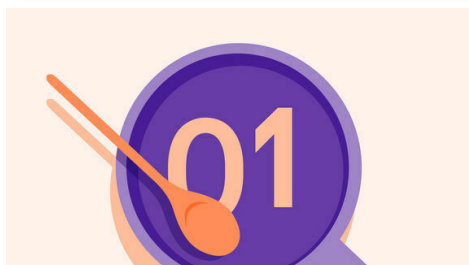
- large saucepan
- fine-mesh sieve
- rimmed baking sheet

ALLERGENS

Soy (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

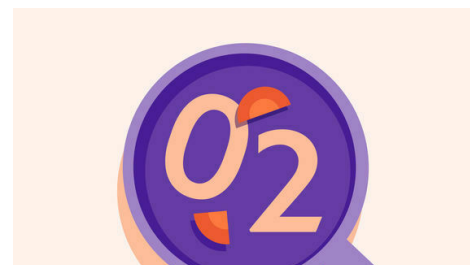
Calories 610kcal, Fat 17g, Carbs 78g, Protein 37g



1. Boil rice & carrots

Fill a large saucepan with **salted water**; bring to a boil over high. Scrub **carrot**; cut into ½-inch pieces.

Add **rice** to boiling water; cook (like pasta), stirring occasionally, until almost tender, about 12 minutes (see step 6!). Add carrots; continue to boil until rice and carrots are tender, 2–3 minutes more. Drain in a fine-mesh sieve, rinse under cold water, and drain well again.

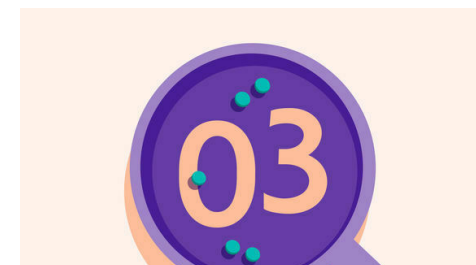


2. Prep ingredients

Preheat broiler with a rack in the top position.

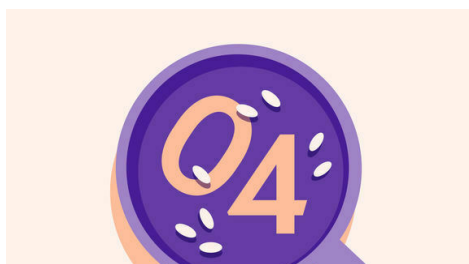
In a medium bowl, whisk to combine **all of the teriyaki sauce, 2 tablespoons each of water and oil, and 1 teaspoon vinegar**. Finely chop **2 teaspoons garlic**.

Pat **chicken** dry and cut into bite-sized pieces, if necessary.



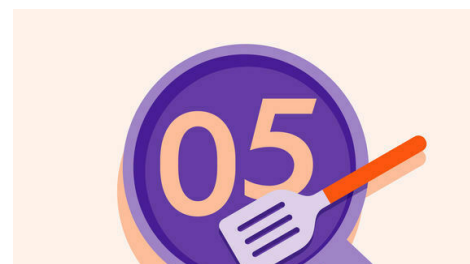
3. Season & broil chicken

On a rimmed baking sheet, toss **chicken** with **3 tablespoons of the teriyaki mixture**; season with **salt** and **pepper**. Broil on top oven rack until chicken is well browned and cooked through, 5–10 minutes.



4. Oven-fry rice

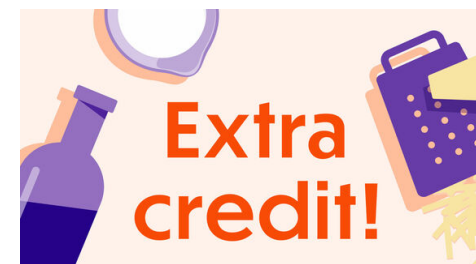
To baking sheet with **chicken**, add **chopped garlic, rice and carrots**, and **remaining teriyaki sauce**. Toss to combine, scraping up any browned bits from bottom of baking sheet. Broil on top oven rack until rice is browned and crispy in spots, 5–10 minutes (watch closely as broilers vary).



5. Add peas & serve

Add **peas** to baking sheet with **fried rice** and toss to combine.

Broil **chicken fried rice** on top oven rack until **peas** are tender and warmed through, about 2 minutes more. Enjoy!



6. Cook rice like pasta!

This no-fuss method of boiling rice eliminates common issues with adding too much water (mushy rice), or too little water (crunchy rice). Fill a pot with an unmeasured amount of water, boil it, add the rice, and cook until done (you can taste a few grains to test doneness). Then drain through a sieve, just like pasta!