

# Chicken Fried Rice

Single recipe is approximately 8 cups\*

[Live Life Simple's: Mountain House Vs. Harvestright Freeze Dryer -- Chicken Fried Rice](#)

## Ingredients

4 Cups Cooked Brown Rice	¾ cups carrots
1 lb Chicken	¼ cup chopped onions
2 TBSP Sesame Oil or Vegetable Broth	2-3 cloves diced garlic
¾ cups peas	3 eggs beaten
	3 TBSP soy sauce



## Directions:

1. Cook enough brown rice to make 4 cups of cooked brown rice.
2. Using 2 Tbsp of Sesame seed oil, cook and dice 1 lb of chicken breast
3. Using a little bit of Sesame oil, cook peas, carrots, and onions for about 2 minutes
4. Add diced garlic, and cook 1 more minutes
5. Push vegetable to side of you pan, add the beaten eggs and cook with vegetables
6. Add in chicken and stir
7. Add in Rice and stir
8. Add 3 Tbsp of Soy sauce and stir
9. Load on trays lined with parchment
10. Add Dividers (I portioned into servings of 10 per tray)
11. Pre Freeze
12. Freeze Dry
13. Store Appropriately. (See Tips and Tricks for storage help)

**Cycle Time:** My cycle time was 42 hours 30 minutes in a Large Freeze Dryer 5 trays with Premier Pump

**Rehydration:** I added 1 ¼c boiling water to 3 divider portions (divided each tray into 10 portions), mix. Let sit for 5 minutes, mix, let sit again for 4 minutes.



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\* Large Tray = 8 Cups/tray    Medium = 6 Cups/Tray    Small = 4 Cups/Tray

Cycle times & rehydration for reference only