

Easy Chicken Fried Rice

1 recipe fills 1½ Harvest Right Medium Freeze Dryer Trays*

[John in Bibs': Freeze Dried Chicken Fried Rice and Taste Test Ep80](#)

Ingredients:

Rice Gourmet brand
Box of frozen Chicken
Fried Rice from
Walmart (Family Size 2
Bags)



Directions:

1. Cook Fried Rice according to directions.
2. Line your Freeze Dryer Tray
3. Spread the contents out between 2 medium Freeze Dryer trays.
4. Cool and then freeze solid
5. Freeze Dry
6. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: Varies

Rehydration: Add boiling water, stir, let sit covered for 3-5 minutes. Check and add more water if needed, will probably need to let this sit covered for another 5 minutes for chicken and rice to fully rehydrate.



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Cycle times & rehydration for reference only

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