

Southeast Asian Fried Rice

Total time: 45 Minutes

- 1 tablespoon brown sugar
- 1 tablespoon fish sauce
- 1 tablespoon lower-sodium soy sauce
- 1 tablespoon fresh lime juice
- 1 teaspoon sambal oelek (ground fresh chile paste), divided
- 1/4 teaspoon salt, divided
- 2 large eggs, lightly beaten
- 1 bunch green onions
- 2 tablespoons peanut oil, divided
- 2 1/2 cups cooked and cooled brown rice
- 1/4 cup vertically sliced shallots
- 2 (4-ounce) skinless, boneless chicken thighs, cut into 1/2-inch pieces
- 1 (6-ounce) skinless, boneless chicken breast, cut into 1/2-inch pieces
- 2 cups broccoli florets
- 1 cup julienne-cut red bell pepper
- 1 1/2 teaspoons minced garlic
- Cooking spray
- 2 bacon slices, cooked and crumbled
- 4 lime wedges

Preparation

1. Combine first 4 ingredients, 1/2 teaspoon sambal oelek, and 1/8 teaspoon salt in a small bowl, stirring with a whisk. Combine eggs and remaining 1/2 teaspoon sambal oelek in a bowl. Separate green tops from green onions, and diagonally chop; set aside. Cut green onion bottoms into 1-inch pieces; set aside.
2. Heat a large nonstick skillet over medium-high heat. Add 2 teaspoons oil to pan, swirling pan to coat evenly. Add rice; stir-fry 1 1/2 minutes, stirring constantly. Transfer rice mixture to a large bowl. Heat 2 teaspoons oil in pan. Add shallots to pan; stir-fry 30 seconds or until tender. Add chicken; stir-fry 1 1/2 minutes or until lightly browned. Add brown sugar mixture to pan; bring to a boil. Reduce heat, and simmer 1 minute or until liquid thickens slightly, stirring occasionally. Add chicken mixture to rice mixture.
3. Wipe pan clean with a paper towel; return pan to medium-high heat. Add remaining 2 teaspoons oil to pan, swirling to coat. Add broccoli and bell pepper; stir-fry 3 minutes or until vegetables are tender. Add the remaining 1/8 teaspoon salt, green onion bottoms, and garlic; stir-fry 1 minute or until fragrant. Add chicken mixture to pan, cook 2 minutes or until thoroughly heated; return chicken mixture to large bowl.
4. Return pan to medium-high heat. Coat pan with cooking spray. Add egg mixture to pan, swirling to coat pan; cook 30 seconds or just until egg is set. Transfer egg to a cutting board; chop. Stir egg and bacon into rice mixture. Top with green onion tops; garnish with lime wedges.

Nutritional Information

Amount per serving

Calories: 438
Fat: 16.3g
Saturated fat: 3.7g
Monounsaturated fat: 6.7g
Polyunsaturated fat: 4.3g
Protein: 31.6g
Carbohydrate: 41.3g
Fiber: 5.6g
Cholesterol: 167mg
Iron: 3.3mg
Sodium: 786mg
Calcium: 98mg

