

Simple Fried Rice

Ingredients

- 3 cups cooked white rice (preferably day-old, chilled)
- 2 tbsp oil (avocado preferred, or extra virgin olive oil)
- 2 large eggs, beaten
- 1 small onion, finely chopped
- 2–3 cloves garlic, minced
- 1 cup mixed vegetables (peas, carrots, corn, or frozen mix)
- 3 tbsp soy sauce
- 1 tbsp oyster sauce
- 1 tsp sesame oil
- 2 green onions, sliced
- Salt and freshly ground black pepper, to taste
- Optional protein add-ins: shrimp, chicken, pork, beef, ham, tofu, rotisserie chicken, or even canned tuna or chicken

Instructions

1. Prepare the rice ahead of time, using cold day-old rice if possible, and break up any clumps so the grains are separated.
2. Heat 1 teaspoon of oil in a large skillet or wok over medium heat, scramble the beaten eggs until just set, then transfer them to a plate.
3. Add a little more oil if needed and cook any raw protein, such as shrimp, chicken, or beef, until fully done, then remove from the pan and set aside with the eggs (skip this step if using cooked or leftover protein).
4. Add the remaining oil to the skillet, sauté the onion, garlic, and mixed vegetables for 3–4 minutes until softened and lightly golden.
5. Increase the heat to medium-high, add the rice, and stir-fry for 4–5 minutes, tossing constantly so the grains are coated and slightly crisp.
6. Pour in the soy sauce, oyster sauce, and sesame oil, stirring well to season the rice evenly.
7. Return the scrambled eggs and cooked protein to the skillet, break the eggs into small pieces as you stir, and add the green onions.
8. Taste the fried rice, adjust the seasoning with salt and pepper, and serve hot.

Note & Storage

- Cold, day-old rice works best because it fries without turning mushy.
- If your rice is freshly cooked, spread it on a tray and let it cool before using.
- Oyster sauce deepens the flavor, but the recipe still works without it.
- Any protein can be added — shrimp, steak, chicken, ham, tofu, or even canned tuna.
- Vegetables can be swapped based on what you have, from frozen mixes to fresh.
- Store cooled fried rice in an airtight container in the refrigerator for up to 4 days.
- Reheat in a skillet over medium heat with a small splash of water or broth to loosen the rice.
- Fried rice also freezes well for up to 2 months; thaw overnight in the fridge before reheating.