

# CHINESE FRIED RICE

炒饭

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## Ingredients

# 原料

- 菜油 cooking oil
- 三个鸡蛋 3 eggs whisked
- ¼ 杯葱（切块） ¼ cup of diced onion
- ¼ 杯胡萝卜（切块） ¼ cup diced carrot
- 两瓣大蒜（切） 2 cloves of garlic
- 两个盎司的鸡肉（切） 2 oz of chopped chicken
- 四杯煮熟的饭 4 cups of cooked rice
- 两个汤匙酱油 2 tbsp dark soy sauce
- 一个汤匙淡酱油 1 tbsp light soy sauce
- 一点儿盐和胡椒 A little salt and pepper

# Procedure

# 做法

## STEP 1

- 击败三蛋 Beat the 3 eggs
- 加一点儿油在炒锅 Add a little oil to the pan
- 煮炒鸡蛋 Cook the eggs (scrambled)
- 加一点儿盐和胡椒 Add a bit of salt and pepper
- 把它放在一边 Set it aside





## STEP 2

- 切块大蒜，生姜，和洋葱 Chop the garlic, ginger, and onions
- 加一点儿油在炒锅 Add oil to the pan
- 加大蒜，生姜，和洋葱在锅里 Add the garlic, ginger, and onions to the pan
- 两分钟煮 Cook them for 2 minutes
- 把它放在一边 Set them aside



## STEP 3

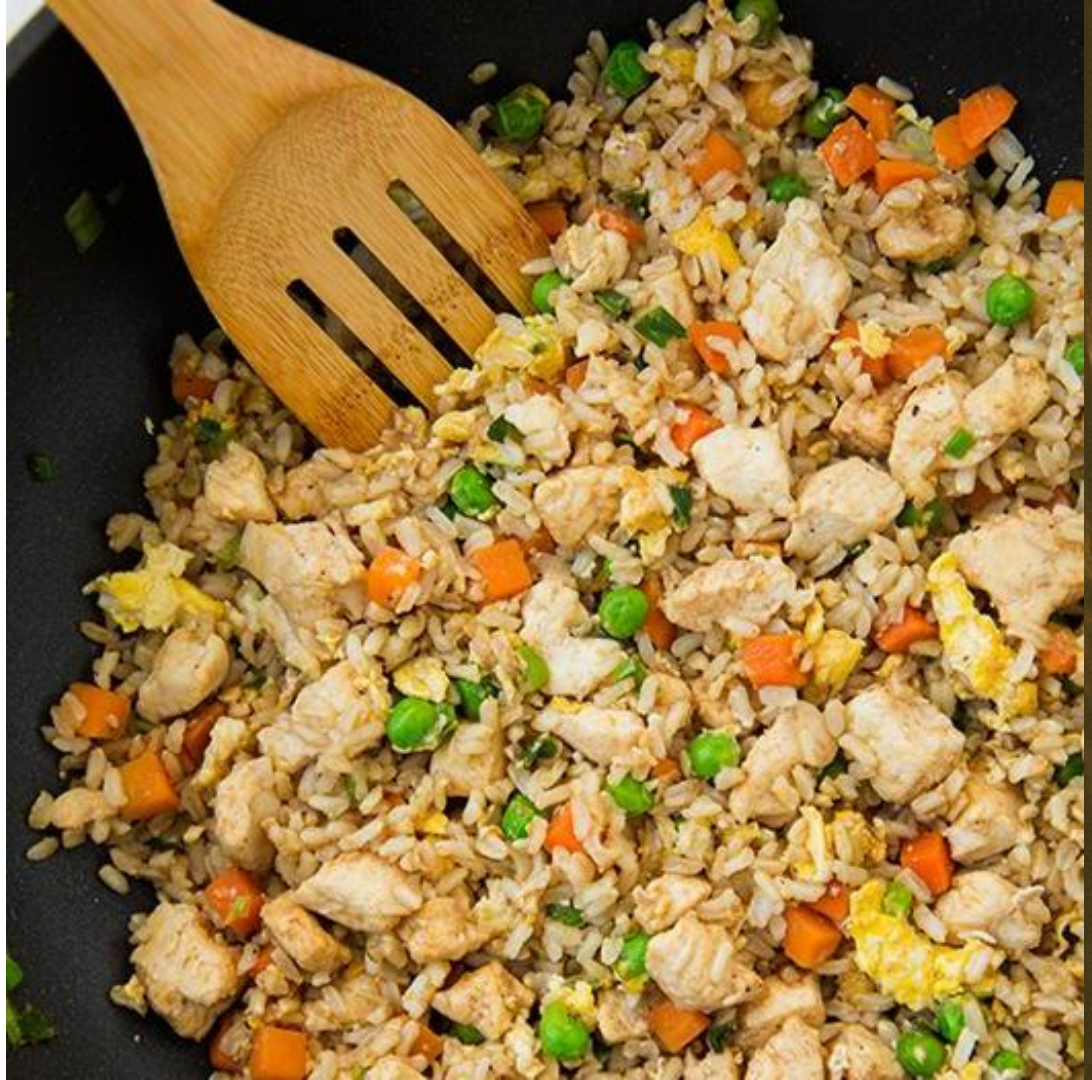
- 加油在炒锅 Put oil in the pan
- 把切块的胡萝卜煮熟 Cook diced carrots
- 把它放在一边 Set it to one side of the pan
- 加切碎的鸡肉在锅里 Put the chicken in the pan
- 烧三分钟 Cook it for for 3 minutes





## STEP 4

- 加米饭，鸡蛋，大蒜，生姜，和洋葱 Add the rice, egg, garlic, and onion
- 加两个汤匙酱油和一个汤匙淡酱油 Add the dark and light soy sauce
- 混合在一起 Mix them all together
- 煮五分钟 Cook for 5 minutes
- 一起享有 Serve!



A close-up photograph of a white ceramic bowl filled with fried rice. The rice is mixed with small pieces of orange carrots, green peas, and sliced green onions. Two white chopsticks are resting on the left side of the bowl. In the background, several whole green onions are visible on a dark grey surface. A white rectangular banner is overlaid across the middle of the image, containing the text '谢谢! Thank you!' in orange.

谢谢! Thank you!