



Fried Minnesota Wild Rice with Chicken

Rainbow Kitchen, Tammy Wong

Ingredients

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| ½ pound wild rice | 3 eggs, lightly beaten |
| 2 cups water | 3 stalks of green onion, slices |
| 1 tablespoon chicken stock | 1 cup bean sprouts (optional) |
| 2 chicken breasts | 2 tablespoons soy sauce |
| ½ small onion, diced | 1 tablespoon sesame oil |
| 2 cloves of garlic, minced | 3 tablespoons vegetable oil |

Preparation

The night before, rinse the wild rice thoroughly. Place in a saucepan with the water and chicken stock, and bring to a boil. Once boiling, turn the heat down to low and cover. Cook rice for a half hour or until the water is absorbed. After removing from the heat, fluff the rice with a fork.

While the rice is cooking, add 1 tablespoon of the vegetable oil to a sauté pan and heat over medium/high heat. Add the chicken breasts and sear until nicely browned, 3-4 minutes; flip and repeat on the other side. Cool the rice and chicken over night in the refrigerator.

Assembly

Have all of the ingredients prepared and close at hand: chop the chicken into small cubes. Scramble the eggs in a small sauté pan or wok, and set aside. Use a fork to break up any clumps that may have formed in the rice overnight. Slice the green onion; rinse and drain the bean sprouts.

Heat the remaining 2 tablespoons of vegetable oil in a wok or large sauté pan over high heat. Add the onions and garlic and cook, stirring constantly, until the onions become translucent, 1 to 2 minutes. Add the chicken and rice and continue to cook, stirring constantly for 5 to 7 more minutes.

Add the egg, green onion, bean sprouts (if using), sesame oil, and soy sauce. Cooking, stirring vigorously, until everything is well incorporated. Serve and enjoy.

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