

Post Ride: Chicken Fried Rice

FEED ZONE COOKBOOK

Biju Thomas and Dr. Allen Lim

This favorite recovery meal is the same recipe that Dr. Allen Lim presented to his third grade class and the process below is the same one he uses to serve to athletes at training camps, races, or impromptu dinners in his kitchen in Boulder, Colorado. It makes for a great recovery dish after a long ride!

Ingredients:

- 1 tablespoon minced garlic (about 2 cloves)
- 2–3 green onions, diced or thinly sliced
- 3 eggs
- 2 tablespoons low-sodium soy sauce
- 2 cups cooked rice
- 1 cup cooked boneless chicken thighs (2–3 pieces)
- 1 cup frozen peas and corn

OPTIONAL ADDITIONS

- Sriracha sauce
- sesame oil

Directions:

Bring a lightly oiled sauté pan to medium-high heat. Add the garlic and green onions and sauté for about 1 minute.

In a small bowl, beat the eggs and soy sauce vigorously and pour into the hot pan. The pan should be hot enough to cause the eggs to fluff. Stir the eggs to cook them quickly.

Add the rice and cooked chicken thighs and fry the mixture for 5–6 minutes.

Add the peas and corn, and cook until the vegetables heat through and are vibrant in color.

Season to taste with salt, Sriracha sauce, and additional soy sauce or sesame oil. Enjoy!



skcratch LABS®