



Ashley's Meal Prep Monday!



Chicken Fried Rice - Instant Pot

INGREDIENTS

2 pounds boneless skinless chicken breasts
2 cups frozen peas and carrots
1 1/2 cups rice, rinsed really well
1 1/4 cups chicken broth
1/2 TBSP avocado oil
1/2 TBSP minced garlic
2 eggs
1/3 cup liquid egg whites
4 TBSP coconut aminos
1 TBSP sesame seed oil
salt/pepper
sesame seeds for garnish



Cut chicken breasts into 1/2 inch cubes and set aside. Turn instant pot to sauté and add oil and minced garlic. Cook about 30 seconds and then turn off. Add in chicken broth and deglaze - stir/scrape any food off the bottom.

Layer chicken, then frozen veggies, and rice. Give the pot a good shake so the food is spread evenly. Rice won't be completely submerged, but should be close. Lock on the lid and set to manual pressure high for 3 minutes.

Scramble eggs and egg whites. Let the pot naturally release for at least 10 minutes before releasing all remaining pressure. Stir in eggs, coconut aminos, sesame oil and salt/pepper. Plate and top with a pinch of toasted sesame seeds.

Recipe: stayfitmom.com

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