

Egg Fried Rice (蛋炒饭), A Traditional Recipe

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Light, fluffy and tasty, Chinese egg fried rice is an easy stir fry that anyone can make. The key to success: use chilled cooked rice that's not overly sticky; stir fry over high heat for a short period of time.

Prep Time	Cook Time	Total Time
5 mins	5 mins	10 mins

Course: Side Dish **Cuisine:** Chinese **Servings:** 3 **Calories:** 281kcal **Author:** Wei Guo

Ingredients

- 3 cups cold cooked white rice (see footnote 1) **about 400g/14oz**
- 2 eggs
- 1½ tbsp neutral cooking oil **divided**
- 2 cloves garlic, minced
- 1 stalk scallions, finely chopped
- 1 tsp light soy sauce **or gluten-free soy sauce, tamari**
- ½ tsp sesame oil
- ¼ tsp salt **or to taste**
- 1 pinch ground white pepper

Instructions

1. Loosen the rice grains as much as possible with chopsticks or a spoon. Lightly beat the eggs until the whites and yolks are fully incorporated.
2. Heat up an empty, well-seasoned wok over high heat until it becomes very hot (smoke rises). Pour in 1 tablespoon of oil then swirl it around to coat the side of the wok. **N.B.** See *footnote 2 if using a cookware with non-stick coating*.
3. Pour in the egg. Once it begins to set at the bottom, stir to help the running part flow. Use a spatula to scramble quickly so that it turns into small pieces. Transfer out and set aside.
4. Place the wok back on the burner. Add the remaining ½ tablespoon of oil. Fry garlic until fragrant then add the rice. Stir and toss continuously until the rice is piping hot. Use the spatula to break any clumps.
5. Return the egg to the wok, along with scallions. Continue frying until everything is heated thoroughly.
6. Season with light soy sauce, sesame oil, salt and white pepper. Give everything a good stir. Dish out and serve immediately.

Notes

1. For the optimal fluffiness, check out my post on [Three Ways to Cook Rice On the Stove](#)

which includes two methods that produce firm, *al dente* rice that's perfect for making any fried rice dish.

2. Please feel free to use a deep skillet/frying pan if you don't have a wok. No matter which cookware you use, it's important you **never heat it empty if it has a non-stick coating**.

Nutrition

Serving: 1serving | Calories: 281kcal

Egg Fried Rice (蛋炒饭), A Traditional Recipe by Red House Spice

Recipe URL: <https://redhousespice.com/egg-fried-rice/>