

# Soy-Garlic Chicken with Fried Rice

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## Servings: 4

*3 tablespoons + 2  
teaspoons low-sodium soy  
sauce  
1 tablespoon toasted  
sesame oil  
2 teaspoons sugar  
2 teaspoons sambal oelek  
OR other hot chili paste  
6 cloves garlic, thinly sliced  
1 clove garlic, grated  
1 1/4 pounds chicken  
cutlets, thin-sliced  
3 tablespoons vegetable oil  
1 tablespoon fresh ginger,  
minced  
4 cups (1/2 small head)  
green cabbage, roughly  
chopped  
Kosher salt  
3 cups cooked long-grain  
white rice, cooled  
4 scallions, thinly sliced*

In a shallow baking dish, combine three tablespoons of soy sauce, sesame oil, sugar, sambal oelek and the grated garlic. Add the chicken. Toss to coat. Set aside while you fry the garlic and make the rice.

Meanwhile, in a large nonstick skillet over medium heat, heat two tablespoons of the vegetable oil. Add the sliced garlic. Cook, stirring, until golden and crisp, 2 to 3 minutes. Remove the garlic with a slotted spoon to a plate, leaving the oil in the skillet.

Add the ginger to the skillet. Cook over medium heat, stirring, until sizzling, about 20 seconds. Add the cabbage and a big pinch of salt. Cook, tossing, until slightly browned, 3 to 5 minutes. Add the rice and 1/2 teaspoon of salt. Cook, tossing occasionally, until toasted, 3 to 5 minutes. Stir in the remaining two teaspoons of soy sauce and all but two teaspoons of scallions. Season with salt.

Heat another large nonstick skillet over medium heat. Remove the chicken from the marinade. Add one tablespoon of water to the marinade and reserve.

Season the chicken lightly with salt. Add the remaining tablespoon of vegetable oil and the chicken to the skillet. Cook until browned, about 3 minutes per side, adding the marinade to the skillet during the last 30 seconds of cooking and spooning it over the chicken.

Divide the rice and chicken among the plates. Top with the fried garlic and reserved two tablespoons of scallions.

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Per Serving (excluding unknown items): 295 Calories; 11g Fat (32.5% calories from fat); 7g Protein; 43g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1805mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates.