Khao pad gai (Thai chicken fried rice)

Chicken, soft ribbons of egg and spring onion run through this garlicky jasmine fried rice. Serve it Thai-style with cucumber slices and a wedge of lime.

Serves 2 · 20 minutes with chilled cooked rice

Ingredients

Contains egg and fish (anchovy in the fish sauce). Check the labels on the packs you use.

350 g chilled cooked jasmine rice (about 125 g dry)

200 g boneless chicken breast, cut into thin strips

Buy separately.

2 eggs, lightly beaten

Buy separately.

1½ tbsp sunflower oil

½ small onion, finely diced

2 garlic cloves, finely chopped

2 tsp fish sauce, or to taste

2 spring onions, thinly sliced

¼ cucumber, sliced, and ½ lime, cut into wedges, to serve

Method

1. Prepare the rice

Use cold, home-cooked rice. If cooking it ahead, follow the pack directions, divide it into shallow portions and chill within an hour. Keep refrigerated and use within 24 hours. Loosen any clumps with a fork.

2. Stir-fry the chicken

Heat 1 tbsp oil in a large wok over medium-high heat. Fry the onion for 1 minute, then the garlic for 20 seconds. Add the chicken and stir-fry for 4–6 minutes, until cooked through and steaming hot in the centre.

3. Scramble the eggs

Push the chicken to one side. Add the remaining oil to the empty side and pour in the eggs. Let them just set, then break into large pieces with a spatula.

4. Fry the rice and serve

Add the rice and fish sauce. Toss for 3–4 minutes, breaking up any last clumps, until every part of the rice is steaming hot. Fold in the spring onions. Serve immediately with the cucumber and lime.

Cook’s note A wide wok keeps the rice moving and gives the grains room to fry. Cook only as much as you need, as rice should only be reheated once.