Leftover Chicken Thigh Recipes

Asian-inspired | Skillet | Easy



PREP 10 min	COOK 15 min	TOTAL 25 min	SERVES 4

Cold cooked rice and leftover cooked thighs become a quick vegetable fried rice. Keep the original storage deadlines for both ingredients and reheat the finished mixture to 165°F (74°C).

INGREDIENTS

- 2 cups (300 g) cooked boneless chicken thigh meat, diced
- 3 cups (450 g) cold cooked rice, promptly refrigerated after its original cooking
- 2 tbsp (30 ml) neutral cooking oil, divided
- 2 large eggs, beaten
- 1 small yellow onion, diced
- 2 garlic cloves, minced
- 1 tsp grated fresh ginger
- 2 cups (280 g) frozen peas and diced carrots
- 2 tbsp (30 ml) coconut aminos
- 1/4 tsp fine salt
- 1/4 tsp black pepper
- 2 green onions, sliced

Ingredient note: Use chicken and rice that were cooled promptly and kept refrigerated. The oldest ingredient’s storage deadline controls the entire dish; reheating does not restart it.

Method & notes

10 min prep | 15 min cook | 4 servings

METHOD

Break cold rice into loose grains. Dice cooked chicken and have all ingredients ready beside a wide skillet or wok.
Heat 1 teaspoon of the measured oil over medium-high heat. Add beaten eggs, scramble until set and transfer to a clean bowl.
Add the remaining oil and onion; cook for 3 minutes. Add garlic and ginger for 30 seconds, then frozen vegetables for 3 to 4 minutes until hot.
Add rice and chicken. Stir-fry, breaking up clumps, until hot throughout. Add coconut aminos, salt and pepper and toss. Fold in cooked egg and green onions. Check several places in the mixture for 165°F (74°C) before serving.

SAFE DONENESS

Cook each chicken portion to at least 165°F (74°C), measuring in the thickest meat without touching bone. Check several large diced pieces when applicable. Casseroles and reheated leftovers also need 165°F (74°C). Timing and surface color do not replace a food thermometer.

TIP

A wide pan and loose cold rice make it easier to heat evenly.

AVOID

Room-temperature rice of unknown storage history is unsuitable. Overfilling the skillet creates cold pockets.

SERVING & VARIATIONS

Serving: Divide fried rice into 4 bowls as a complete main dish.
Vegetable: Replace peas and carrots with finely diced cooked broccoli.
Egg-free: Omit eggs and increase vegetables.
Ginger: Add another teaspoon for a stronger flavor.

STORAGE

Use the earlier original storage deadline of the cooked chicken or rice; reheating does not restart the clock. Both must have been refrigerated promptly at 40°F (4°C) or below. Return leftovers to shallow covered containers within 2 hours, or 1 hour above 90°F (32°C).

FREEZING

Freeze promptly cooled fried rice before the oldest ingredient reaches its storage deadline. Pack airtight at 0°F (-18°C) and use within 2 months for best quality. Thaw in the refrigerator or reheat directly from frozen until 165°F (74°C).

REHEATING

Reheat covered on the stovetop or in a microwave with a splash of water or broth, turning or stirring for even heating. Check several thickest portions for 165°F (74°C). Do not reheat chilled leftovers in a slow cooker.

QUICK ANSWERS

Can I use freshly cooked rice? Fresh rice can be used, but it will be softer. Do not leave it at room temperature to dry.
How long will leftovers keep? Use the earlier original storage deadline of the chicken or rice; do not count another full 3 to 4 days.
Can I use other cooked chicken? Yes. Dice it evenly and heat the finished dish to 165°F (74°C).

NUTRITION

Not calculated.

Recipe developed from the supplied importer content.