

Sri Lankan Chicken Fried Rice

This recipe makes about 4 servings.

Ingredients

For the Rice & Chicken:

3 cups cooked, chilled rice (preferably day-old Basmati or long-grain rice)

300g boneless chicken breast or thighs, cut into small cubes

1/2 tsp salt

1/2 tsp black pepper powder

1/2 tsp turmeric powder (optional, for color/flavor)

4 Tbsp vegetable or coconut oil (divided)

For the Veggies & Flavor:

3 cloves garlic, minced

1/2 inch ginger, finely chopped or 1/2 tsp ginger paste

1 medium onion, sliced

1/2 cup diced carrots

1/2 cup green beans, chopped

1/2 cup frozen peas (optional)

1/2 cup chopped spring onions (green parts and white parts separated)

Finely chopped cabbage and leeks

1-2 sprigs curry leaves (optional, but adds authentic aroma)

For the Sauce & Seasoning:

3 Tbsp soy sauce (light or regular)



1 Tbsp oyster sauce (optional, for umami flavor)

Salt and black pepper to taste

For the Egg (Optional):

2 eggs, lightly beaten with a pinch of salt

Instructions

1. Prepare the Chicken

Marinate the chicken cubes with the 1/2 tsp salt, 1/2 tsp black pepper, and turmeric powder. Set aside for at least 15-20 minutes.

Heat 2 Tbsp of oil in a large wok or deep frying pan over medium-high heat.

Add the marinated chicken and stir-fry until fully cooked and lightly golden brown on all sides.

Remove the chicken with a slotted spoon and set aside on a plate.

2. Scramble the Eggs (Optional)

If using eggs, add a little more oil if needed to the wok. Pour in the beaten eggs and quickly scramble them.

Once cooked, remove the eggs and set them aside with the chicken.

3. Sauté Aromatics and Vegetables

Add the remaining 2 Tbsp of oil to the wok. Add the curry leaves (if using), ginger and garlic. Fry until golden brown.

Add the white parts of the spring onions, sliced onion, Sauté for 2-3 minutes until the onions soften

Add the carrots and green beans. Cook for about 3-4 minutes, stirring occasionally, until they start to soften but are still slightly crisp

Now add cabbage and leeks.

Add the frozen peas (if using) and cook for another minute.

4. Combine and Finish

Push the vegetables to one side of the wok and add the cooked rice to the center. Break up any clumps.

Return the cooked chicken and scrambled eggs (if using) to the wok.

Drizzle the soy sauce and oyster sauce (if using) over the rice mixture.

Increase the heat to high and stir-fry everything together vigorously for 3-4 minutes, ensuring the rice is well combined with all the ingredients and sauces. The high heat is key for that "wok hei" flavor.

Taste and adjust seasoning with extra salt or pepper if needed.

Stir in most of the green parts of the chopped spring onions.

4. Serve

Garnish with the remaining spring onions and serve hot! Sri Lankan fried rice is often served with sides like chili paste or Devilled Chicken.

Note: when adding vegetables make sure you add cabbage and leeks at last of the vegetables frying process otherwise rice will be too watery.

If you don't have a wok just add rice little by little while mixing rice and cooked vegetables constantly under the low heat.

Add black pepper after you finished cooking the fried rice as the last step.

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November 2025