

Sweet Chili Veggie Fried Rice

Servings: 2 large bowls (or 3 small portions) **Prep Time:** 5 minutes **Cook Time:** 10 minutes **Total Time:** 15 minutes

This sweet chili veggie fried rice is a fast, flavorful way to turn leftover rice into a satisfying meal in just 15 minutes. Lightly crispy rice, tender vegetables, fluffy scrambled egg, and a glossy sweet chili sauce come together for a dish that's sweet, savory, and endlessly customizable.

It's perfect for busy weeknights, quick lunches, or when you want something comforting but not heavy — and it's a great way to clean out the fridge.

Why You'll Love This Recipe

- Ready in 15 minutes using pantry staples
- Perfect for leftovers — day-old rice shines here
- Sweet + savory flavor balance that isn't overpowering
- Budget-friendly and flexible with any vegetables you have
- Easy to customize with protein or extra heat

Ingredients

- 2 cups cold cooked rice (day-old preferred)
- 2 Tbsp sweet chili sauce
- 1 cup mixed vegetables (peas, carrots, corn, broccoli, or frozen mix)
- 1 egg, beaten
- 1 Tbsp oil (vegetable, canola, or sesame)
- Optional: green onions, sesame seeds, soy sauce, chili flakes

Ingredient Notes & Substitutions

Rice: Day-old rice keeps grains firmer and prevents mushiness.

Sweet chili sauce: Adds sweet heat; add soy sauce for more savory depth.

Vegetables: Frozen veggies work perfectly — no thawing needed.

Oil: Sesame oil gives nutty flavor; neutral oils work too.

Instructions

- Step 1: Cook the egg**
Heat ½ Tbsp oil in a wok over medium-high. Scramble egg until just set. Remove and set aside.
- Step 2: Stir-fry the vegetables**
Add remaining oil and cook mixed vegetables for ~3 minutes.
- Step 3: Add the rice**
Add cold rice and break up clumps. Add sweet chili sauce and stir well. Fry for 5 minutes, letting rice crisp slightly.
- Step 4: Combine and finish**
Return egg. Toss everything together. Adjust seasoning with soy sauce or more chili sauce.

5 **Step 5: Serve**

Serve hot with green onions, sesame seeds, chili flakes, or lime.

Tips for Best Fried Rice

- Spread rice out so it crisps instead of steaming
- Use a large skillet or wok to avoid overcrowding
- Taste before adding soy sauce — sweet chili sauce already has salt
- Let rice sit undisturbed for browning instead of constant stirring

Storage & Reheating

Refrigerator: Store up to 3 days in airtight container.

Reheat: Heat in skillet or microwave until hot.

Variations & Add-Ins

- Add protein: tofu, shrimp, rotisserie chicken, or diced ham
- Make it spicy: add sriracha, chili oil, or red pepper flakes
- Extra savory: add soy sauce or oyster sauce
- More filling: add a second egg or edamame