

# Fajita Fried Rice with Pastured Chicken: A Quick and Nutritious Meal

When it comes to making delicious, healthy meals, few ingredients are as versatile as pastured chicken. Our Fajita Fried Rice recipe combines the best of Tex-Mex flavours with a nutrient-packed protein to create a quick, satisfying dish you'll want to make again and again.

## Ingredients

### Ingredients for the Fried Rice:

- Pulled pastured chicken
- 1 medium onion, thinly sliced
- 1 bell pepper, thinly sliced
- 2 cups day-old rice
- 1 tablespoon oil (your choice)
- $\frac{1}{2}$  cup salsa
- 1 tablespoon butter

### For the Fajita Seasoning:

- 2 teaspoons chili powder
- 1 teaspoon salt
- 1 teaspoon ground smoked paprika
- $\frac{1}{2}$  teaspoon onion powder
- $\frac{1}{2}$  teaspoon garlic powder
- $\frac{1}{2}$  teaspoon ground cumin



## **Instruction:**

1. Prep Your Ingredients: Start by pulling your pastured chicken into bite-sized pieces. Thinly slice the onion and bell pepper. 2. Heat the Pan: Add your oil to a large skillet over medium heat. Once hot, add in the day-old rice, stirring frequently to ensure it doesn't stick. 3. Add the Chicken and Seasoning: Toss in your pulled pastured chicken and sprinkle the fajita seasoning over everything. Mix thoroughly so the flavours coat the rice and chicken evenly. 4. Finish with Salsa and Butter: Stir in the salsa for a burst of flavour and a touch of butter for richness. Mix until everything is well combined and heated through. 5. Serve and Enjoy: Your Fajita Fried Rice is ready to dig in! Serve it up as is, or add a dollop of sour cream and some fresh cilantro for extra flair.



## Why Use Pastured Chicken?

Not only does pastured chicken bring a richer taste to your dishes, but it also offers higher levels of vitamins and omega-3 fatty acids compared to conventionally raised chickens. [By choosing pastured chicken, you're opting for a healthier, more sustainable option](#) that supports local farms and provides your family with nutrient-dense meals.



## Final Thoughts:

Fajita Fried Rice with pastured chicken is just one of the ways you can make the most of this amazing protein. If you enjoyed this recipe and want to see how we stretched one pastured chicken into 24 budget-friendly, nutritious meals, [click here](#) to read more. Nutrafarms is here to help you enjoy delicious meals that are good for you and the environment.