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Instant Pot Fried Rice

Bring the hibachi restaurant to your house, and make your own homemade Instant Pot fried rice! It's so easy to make, and the flavors are phenomenal!

Author [Diana](#)  Servings 6 servings

Prep Time 15 minutes **Cook Time** 15 minutes **To cook the rice** 20 minutes

Total Time 50 minutes

Equipment

Instant Pot

Ingredients

- ☐ 1 and ½ cups **uncooked jasmine rice** or 5 cups cooked jasmine rice
- ☐ 3 tablespoons **oil** divided
- ☐ 4 **eggs**
- ☐ ½ teaspoon **salt**
- ☐ 2 cloves **garlic** minced or crushed
- ☐ 2 inch **ginger** grated
- ☐ 10 ounces (300 grams) **mixed frozen vegetables**
- ☐ 2 tablespoons **low sodium soy sauce**
- ☐ 1½ teaspoon **sesame oil**
- ☐ ⅓ cup **green onions** chopped
- ☐ ¼ teaspoon **pepper**

Instructions

Cook the jasmine rice

- 1 Add 1.5 cups of rinsed rice to the Instant Pot and 1.5 cups of water. Add a pinch of salt, Secure the lid and set the vent to SEALING. Select the PRESSURE COOK/MANUAL setting and set the cooking time for 4 minutes at high pressure. The Instant Pot will take around 6-7 minutes to come to pressure and start cooking.
- 2 When the cooking program ends, allow the steam to be naturally released for 10 minutes, then release the rest of the steam manually. Carefully open the lid, fluff with a fork, and place it on a large plate or tray. chill in the fridge or freezer if you're in a hurry.

Cook the eggs

- 1 On the Instant Pot, choose the SAUTE setting and add vegetable oil. Beat the eggs in a bowl, and season them with salt.
- 2 When the oil is hot, add the beaten eggs and cook them using a spatula. You don't want to dry the eggs so make sure that you don't step away from the pot as they cook quickly.
- 3 Stir and scramble the eggs to break them down, when they're no longer wet transfer them to a plate and set aside.

- 4 Wipe the pot clean with a paper towel.

Fry the rice and combine everything

- 1 Add oil to the pot, and saute the ginger and garlic for a minute or until they're fragrant.
- 2 Then add the frozen vegetables, fry them lightly then move to one side of the pot.
- 3 Add the rice in 2 batches and fry it for a couple of minutes. To properly fry the rice, let it sizzle without stirring for a minute, but make sure that it does not burn.
- 4 Then add the sesame oil and soy sauce. Stir everything to combine.
- 5 Press on CANCEL on the Instant Pot. And add in the scrambled eggs, and the green onions and stir to combine. Taste the rice, and see if you would like to add more soy sauce or sesame oil to taste. Season with ground black pepper.

Notes

- 1.5 cups of uncooked jasmine rice, make around 5 cups of cooked rice.
- If you use warm rice, it won't fry. So to make sure that it sizzles and to get the right texture, it is better to either plan ahead and cook the rice a few hours ahead. Or use leftover rice that was stored in the fridge. Or if you're in a hurry, then chill it for at least half an hour in the fridge or freezer.
- It's important to use LOW sodium soy sauce, so you don't end up with food that is too salty. Don't take any risks here as it can ruin your food!
- When cooking the eggs, don't break them down in very small pieces as they will disappear once they're mixed in with the rice.
- Garnish with chopped green onions, and sesame seeds if desired.

Storing tips

Fridge: Fried rice makes great leftovers! I always intentionally make a large batch of fried rice to have leftovers as they're so good on the next day! To store in an airtight container for up to 4 days.

Freezer: Freeze in an airtight freezer container or freezer bag for up to 6 months.

Nutrition

Calories: 320kcal | Carbohydrates: 45g | Protein: 9g | Fat: 11g | Saturated Fat: 2g | Cholesterol: 109mg | Sodium: 439mg | Potassium: 228mg | Fiber: 3g | Sugar: 1g | Vitamin A: 2613IU | Vitamin C: 6mg | Calcium: 47mg | Iron: 2mg

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