

# Mexican Fried Rice

★★★★★  
5 from 2 votes

## Prep Time

10 mins

## Cook Time

5 mins

## Total Time

15 mins

Super fast, super versatile, super tasty - a super mid week meal to add to your rotation! Feel free to substitute the ingredients with whatever you have on hand, including adding proteins - any shredded or diced meat would be a great addition. The key to keeping it "Mexican" is the enchilada sauce and the spices.

Course: Rice

Cuisine: Mexican

Servings: 2 - 3

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## Ingredients

1 tbsp olive oil  
 1 large garlic clove , minced  
 1 onion , diced (white or brown)  
 1/2 red bell pepper / capsicum , diced (about 1 cup)  
 1 cup tinned black beans (drained)  
 1 cup tinned corn kernels (drained) (or frozen corn)  
 4 cups cooked rice (see notes)  
 Optional: 1 1/2 cups protein (chicken, pork, beef), shredded or diced

## Sauce

6 tbsp enchilada sauce (see notes)  
 2 tbsp water  
 1/2 tsp cumin  
 1/4 tsp chilli powder (or to taste)  
 1/2 tsp paprika  
 1 tsp salt  
 Black pepper

## Instructions

1. Combine the Sauce ingredients in a small bowl and mix.
2. Heat the oil in a pan over high heat. Add garlic and cook for 10 seconds until fragrant.
3. Add the onion and bell pepper and cook until the onion becomes translucent - about 2 minutes.
4. If you are using uncooked protein, add it and sauté until just cooked through.
5. Add the black beans and corn. If you are using cooked proteins (like shredded cooked chicken) add it at the same time. Cook for 1 minute just to heat through.
6. Add the rice and Sauce and stir quickly to coat the rice evenly.
7. Check seasoning and add more salt if you require it. Amount of salt required depends on the saltiness of the enchilada sauce you are using.
8. Season with black pepper and serve immediately.

## Recipe Notes

1. To make this ahead to freeze, cook the onion, garlic, bell pepper and meat (if using), then remove from heat and allow to cool. Then pour into a ziplock bag alone with all the other ingredients EXCEPT the enchilada sauce, water and rice. Then to cook, thaw the ingredients, heat 1 tbsp olive oil in a pan over high heat, add the ingredients first and cook until heated through and excess water is evaporated. Then add the rice and enchilada sauce and cook as per the recipe. I also recommend using frozen rather than canned corn kernels.
3. This dish is best made with leftover rice made at least 6 hours or so ago, preferably the day before. It can

also be made with freshly cooked rice but it will be harder to toss the Sauce through evenly as the rice will be harder to break up.

3. [Enchilada Sauce](#) can be substituted with taco sauce. If you don't have either, you can substitute with tomato paste using the following recipe:

4 tbsp tomato paste

3 tbsp water

1 tsp cumin

1/4 tsp chilli powder (or to taste)

1 tsp paprika

1 tsp oregano

1/2 tsp onion powder

1/2 tsp garlic powder

1 tsp salt

Another great recipe by [www.recipetineats.com](http://www.recipetineats.com)