

# Ham Fried Rice

November 28th, 2020

**This recipe serves: 4**

Prep Time: 01:30

Cook Time: 00:30

This is a favorite recipe at our house for leftover Thanksgiving Ham, although you could also use Spam instead of Ham. For best results, prepare the Rice beforehand (by following the package instructions) and then refrigerate for at least 8 hours and up to 3 days.

There are two distinct phases when making Stir Fry:

1. Preparation
2. Cooking

The key to successfully implementing any Stir Fry recipe is the timing. Ensure that all your preparation work is complete before you begin the cooking phase.

## Ingredients:

- 4 Cups Cooked Jasmine Long-Grain White Rice, refrigerated overnight
- 1.5 Cup (6 ounces) Cooked Ham, Spam, or Char Siu Pork Roast, cubed
- 4 Cloves (2 Teaspoons) Garlic, finely minced or 1/2 Teaspoon Garlic Powder
- 1 Tablespoon Fresh Ginger, minced
- 2 Tablespoons plus 1 Teaspoon Vegetable Oil
- 1 Red Bell Pepper, stemmed, seeded, and cut into 1/2-inch squares
- 6 Scallions, White part minced, Green part cut into 1/2-inch pieces
- 1 Small White Onion, sliced into toothpicks
- 2 large Eggs, lightly beaten
- 1.5 Cup (6 ounces) Broccoli, separated into bite-sized florets
- 1.5 Cup Cabbage, shredded
- 1/4 Cup Bean Sprouts
- 1/4 Cup Sliced Mushrooms
- 1/4 Cup (4 ounces) Pineapple, cut into 1/2-inch pieces

## Sauce

- 3 Tablespoons Soy Sauce
- 2 Tablespoons Toasted Sesame Oil
- 1 Tablespoon Oyster Sauce (Gluten free, if desired)
- 1/2 Lime, juiced (1 Tablespoons or 1/2 fluid ounce)
- 2 Teaspoons Sriracha sauce
- 1 Teaspoon Sesame Seeds

## Directions:

### Sauce

Combine Soy Sauce, Oyster Sauce, Sesame Oil, Lime Juice, Sesame Seeds, and Sriracha in a small bowl and set aside.

### Ham Mixture

Heat 1 tablespoon Vegetable Oil in a large Wok over medium-high heat until the Oil begins to shimmer.

Add Ham, Broccoli, Scallion whites, and Onion toothpicks.

Stir occasionally until lightly browned, about 7 to 9 minutes.

Add Bell pepper, Shredded Cabbage, and Sliced Mushrooms and lid for about 3 minutes.

Stir in garlic and ginger and cook until fragrant, about 30 seconds. Transfer into a medium bowl and cover.

### Rice

Heat 1 Tablespoon Vegetable Oil in the empty Wok over medium-high heat until the Oil begins to shimmer. Add pre-cooked Rice and fry, breaking up clumps with spatula, for about 3 minutes.

Push the Fried Rice to 1 side of the Wok.

### Putting it all together

Add remaining 1 Teaspoon Vegetable Oil to the empty side of the Wok. Add beaten Eggs to oiled side of Wok and scramble until set, about 30 seconds.

Stir the Eggs and the Ham mixture together.

Stir in the Rice.

Pour the Sauce into the Rice and mix until thoroughly combined.

Remove from the heat and add the Pineapple, Bean Sprouts, and Scallion Greens.

Serve.