

## Spam Fried Rice from *Aloha Kitchen*

3 cups day-old cooked short grain rice at room temperature

1 Tbsp. sesame oil

1-2 tsp. neutral oil

6 oz. Spam less sodium, cut into 1/8 by 1 inch matchsticks (may be purchased at Harris Teeter, either regular or 25% less sodium)

Spam comes in 12 oz. boxes, so I just used the entire box for this recipe, but you could double the recipe and use the whole box.

1 cup finely diced carrots

1 cup finely diced yellow onion

½ cup chopped green onions

salt and ground pepper

1 tsp. finely grated garlic

1 Tbsp. soy sauce

1 Tbsp. oyster sauce

1 tsp. Worcestershire sauce

2 large eggs, lightly beaten



Combine rice and sesame oil. Toss to coat and set aside.

Coat a pan with 1-2 tsp. oil. Add the carrots and onions and stir fry 4-5 minutes. Add salt and pepper. Add ½ cup green onions and soften. Add the rice, garlic, soy sauce, oyster sauce, Worcestershire sauce, and Spam, mixing and breaking up the rice with a spoon. Stir fry until the rice is hot and has absorbed the liquids, 4 or 5 minutes.

Create a well in the middle of the rice and pour in the eggs. Let sit for 30 seconds before scrambling the mixture, using a wooden spoon, for another 30 seconds. Let sit for 30 seconds more, then scramble again, this time bringing in the walls of rice and incorporating them into the eggs. Repeat until the eggs have been thoroughly scrambled and incorporated. Turn off the heat, leaving the pan until you are ready to serve

Note: Billy said it was very good (a LOT better than just plain Spam) and he even had seconds!

We use the HT basmati brown and red quinoa blend with the pink label in the plastic container, and cook it in broth rather than water. But use whatever rice you want.