

Ham and Fried Rice

This is a sort of easy **English**¹ version of Nasi Goreng² without the soy sauce.

Ingredients

- 225 g **FAIRTRADE** basmati brown rice
- 15 g butter
- 2 hens eggs
- 60 ml sunflower oil
- 100 g French beans
- 275 g cooked ham
- 2.5 ml **FAIRTRADE** freshly ground black pepper
- 4 spring onions
- 15 ml chopped fresh coriander

Cook for another 2 minutes and then transfer to a warmed serving dish.

To serve

Sprinkle on the chopped coriander just before serving.

Variation

Substitute peas for the French beans.

Method

Cut the beans into 1 cm pieces.

In a small bowl, lightly beat the eggs.

Finely dice the ham.

Cut the spring onions into 2 cm pieces.

Cook the rice in boiling salted water until tender (15 mins white rice, 25 - 30 mins brown rice), drain well.

Melt the butter in a frying pan and add the eggs. Cook for 2 to 3 minutes until set on the underside, stir with a fork and cook for 2 more minutes.

Transfer to a dish and break up into small pieces with a fork.

Heat the oil in a frying pan and add the rice, beans, ham and pepper and cook, stirring constantly for about 2 minutes until all the ingredients are heated through and the rice is covered with the oil.

Reduce the heat to low and add the spring onions and eggs.

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>

²http://www.fairtradecookbook.org.uk/recipes/nasi_goreng.htm