**Fried Rice**

**Ingredients**

375-500 ml cooked rice

1 green onion

½ stalk celery

25 ml oil

50 ml peas

1 slice deli ham

1 egg

10-15 ml soy sauce

**Method**

1. Prepare rice according to rice recipe.
2. Chop onion and celery into thin diagonal slices.
3. Heat oil in a wok over medium – high heat. Add onion and celery, and stir-fry until soft.
4. Beat the egg slightly. Add egg, cooked rice, peas, ham and soy sauce to the vegetables in the wok. Stir-fry 1 to 2 minutes or until heated through.