

# Fried Rice



## Ingredients

- ☐ 1 tbsp Avocado oil
- ☐ ¼ Onion, diced
- ☐ ¼ cup diced Ham
- ☐ ½ cup leftover rice
- ☐ ¼ cup frozen Mixed Vegetables
- ☐ 2 large Eggs
- ☐ Hot sauce, to taste

## Utensils

- ☐ Large nonstick pan

## Cooking Instructions

1. In pan over medium, heat oil.
2. Add onion and ham, stir occasionally until onion is translucent (2-3 min).
3. Add rice and vegetables, adjust heat to medium low to cook.
4. Stir occasionally until warmed (2-3 min)
5. Add eggs and cook, stirring frequently until scrambled (approx 2 min).
6. Transfer to plate, top with hot sauce.