**Egg-fried Rice**

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| ***Ingredients*** | ***Equipment*** |
| 250g pack of cooked rice | wok |
| 3 spring onions | sharp knife |
| 75g frozen peas | chopping board |
| 2 eggs | wooden spoon |
| 100g cooked chicken or 100g ham | fork |
| 1 tbsp. vegetable oil | small plastic bowl |
| soy sauce |  |

***Method***

1. Prepare yourself and your work area. Get equipment out.
2. Peel and slice the spring onions.
3. Cut the chicken or ham into small pieces.
4. Crack the eggs into the small plastic bowl and mix up with the fork.
5. Place the oil in the wok and tip the beaten egg in. Cook for a couple of minutes to make an omelette then remove, place on chopping board and cut up into pieces.
6. Fry the spring onion and chicken or ham in the wok for a couple of minutes. Add the rice and peas, continue frying for a couple more minutes.
7. Add in the cooked egg and add soy sauce to taste.
8. Continue cooking for a couple more minutes then transfer to your container.

