

Breakfast Fried Rice Bowl

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Recipe from: Michelle Day

Here's what you need:

- 2 - 3 cups cooked white or brown rice, your preference
- 1 can Spam diced or 1 cup breakfast ham cubed
- 1 - 2 Tbs. canola oil
- 3 eggs, beaten
- 3 green onions, thinly sliced
- 2 garlic cloves, minced or pressed
- 1 large carrot, peeled and grated
- 1 Tbs. sugar
- 1/2 cup light soy sauce
- 1 - 2 poached or fried eggs per person

Cook your rice (or purchase it pre made) so that you have a couple of cups, depending on how many you're serving. I usually cook 1-1/2 cups, which makes about 3 cups cooked, for 4 - 6 people. Set aside.

In a large skillet heat oil and fry the spam or ham cubes for about 10 minutes until brown and crispy, then remove to a plate and set aside.

Add the garlic and cook about 15 seconds. Add the egg and cook until almost done, constantly stirring.

When almost cooked through add the carrots and green onion and cook for a few minutes, stirring.

Add the cooked meat and stir to combine.

Add the cooked rice and starting with a few tablespoons add the soy until it is a nice light brown color. I use about 1/3 - 1/2 cup of light soy. Sprinkle a few teaspoons of sugar if desired and stir.

I like to serve these in a bowl but a plate works fine too.

Top with a poached or fried egg and hot sauce :)

Serves 4 - 6

Enjoy!