

Ham and Pea Rice

150g Rice, 1 Tin Ham (or other meat), 120g Peas, Oil

(Serves 2)

1



cook rice in boiling
water

2



drain the water from
the rice

3



chop ham into small
cubes

4



add small amount of oil
and add ham when hot

5



add rice and peas and
stir for around 3 minutes

6



serve and enjoy your
ham and pea rice