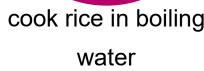
Ham and Pea Rice



150g Rice, 1 Tin Ham (or other meat), 120g Peas, Oil (Serves 2)







chop ham into small cubes



add rice and peas and stir for around 3 minutes



drain the water from the rice



add small amount of oil and add ham when hot



serve and enjoy your ham and pea rice