Fuse Fakeaway Fried Rice

* cooking oil spray
* 2 boil in the bag rice packets (cooked and cooled)
* 2 eggs, whisked
* 2-3 tablespoons of light soy sauce
* 1 tsp of sesame oil
* 1/3 cup of frozen peas
* Cooked chicken and ham, cut into small chunks
* 2 spring onions, finely sliced
* salt and black pepper

1. Heat a wok or large frying pan over a medium high heat.
2. Spray with cooking spray oil (or tsp of cooking oil), add rice and break up any large lumps with the back of a wooden spoon.
3. Add the soy sauce, you need enough just to very lightly coat the grains of rice.
4. Add the sesame oil, chicken, ham and peas and fry for a couple of minutes,season with salt and black pepper as needed, then push rice to the side of the pan, making an empty circle in the middle.
5. Spray with a little more cooking oil spray (oil), add the eggs and leave for a minute for the underneath to lightly set.
6. Then stir all together into the rice.
7. Serve the rice topped with sliced spring onion.