



Fiesta Fried Rice Recipe

Preparation Time	15
Cooking Time	12
Serving Size	8

Ingredients:

- 1/4 cup oil
- 1 can luncheon meat, regular (340g), diced
- 1/2 cup onion, red, chopped
- 2 pcs egg, beaten
- 5 cups rice, cooked
- 1 can DEL MONTE Fiesta Fruit Cocktail (836g), drained
- 3 Tbsp liquid seasoning
- 1/2 tsp salt
- 1/2 tsp pepper, black
- 1 Tbsp sesame oil
- 1/2 cup green onions, chopped

Preparation:

1. Heat oil in a pan then sauté the luncheon meat until lightly browned.
2. Add the onions and saute until translucent. Move the onions and luncheon meat to one side of the pan then add the beated egg. Stir the eggs so it scrambles. Add the rice and mix well to incorporate.
3. Add DEL MONTE Fiesta Fruit cocktail and toss well. Season with liquid seasoning, salt and pepper.
4. Add sesame oil and green onions. Mix well and serve.

Chef's Tip

It is best to use day-old rice which is dried out so that it absorbs more flavor and oil without getting mushy. Be sure to toss the rice well with the other ingredients while breaking down lumps of rice. This ensures that all the grains are evenly flavored.

Lusog Notes

Cooking Skills Needed

- Chopping
- Mixing
- Sautéing

Cooking Tools

- Rubber Spatula
- Can Opener
- Measuring Cups
- Strainer
- Chopping Board
- Measuring Spoon
- Wok

