

The Best Spam Fried Rice Recipe

5 Ways to Stretch One Can

SERVES 4

20 MIN TOTAL

~10 MIN ACTIVE PREP

FROM \$2 PER SERVING

INGREDIENTS

- 1 can (12 oz)** Spam, diced into 1/2-inch cubes
- 3 cups** cold cooked rice, grains broken up
- 2** eggs, beaten
- 1/2 cup** frozen peas and carrots (or canned, drained and dried)
- 2 tbsp** low-sodium soy sauce, divided
- 1 tbsp** sesame oil
- 2 cloves** garlic, minced
- 1 tsp** fresh ginger, grated (or 1/4 tsp ground)
- 2** green onions, sliced
- 1 tbsp** neutral oil (vegetable or canola)

SUBSTITUTIONS

- No soy sauce? Use coconut aminos 1:1.
- No sesame oil? Add 3-4 drops fish sauce instead.
- No fresh garlic? Use 1/2 tsp garlic powder at step 4.
- Canned veg? Drain and press dry before using.

STEPS

- 1 Dice Spam into 1/2-inch cubes. Drain and dry any canned veg. Break up cold rice so no clumps remain.
- 2 Heat oil in a 12-inch skillet over medium-high. Add Spam and cook 3-4 min until edges are golden and crispy.
- 3 Push Spam to the edge. Add garlic and ginger to the center; cook 30 seconds, stirring constantly, until fragrant.
- 4 Add rice to the pan. Press and stir-fry 2 min, spreading grains across the full surface. Some grains will pick up color.
- 5 Push rice to one side. Scramble eggs in the cleared space until just set, then fold into the rice.
- 6 Add peas and carrots, 1 1/2 tbsp soy sauce, and sesame oil. Stir-fry 1-2 min. Taste before adding the remaining soy.
- 7 Remove from heat. Scatter green onion on top. Serve immediately from the pan.

FROZEN RICE FIX

Rinse frozen rice in a strainer until water runs clear. Toss with 1 tsp neutral oil, spread on a baking sheet, and dry 5 minutes before adding to the pan.

5 BUDGET VARIATIONS

1. Classic Spam + Egg Base recipe as written. ~\$3.50 / 4 servings.	2. Canned Chicken Swap Spam for 12.5 oz canned chicken. Add full soy sauce + 1 extra garlic clove. ~\$2.50.	3. Tofu (Vegetarian) 8 oz extra-firm tofu, pressed and diced. Pan-fry until golden before step 3. ~\$2.00.
4. Hawaiian-Style Glaze Spam with brown sugar + soy in step 2. Add 1/2 cup drained canned pineapple at step 6. ~\$4.00.	5. Kimchi Bulk Build Add 1/2 cup drained chopped kimchi at step 6. No extra seasoning needed. Doubles well for meal prep. ~\$4.50.	Storage Fridge: 4 days airtight. Freezer: 3 months flat. Reheat in skillet with a splash of water.