

# Fried Rice

- 2 tablespoons sesame oil
- 8 ounces cooked meat (chicken, shrimp, ham, steak), cut small
- 2 cloves garlic, freshly minced
- salt and pepper to taste
- 1 cup crisp vegetables -- green onions cut small, peas, celery cut small, bell pepper cut small
- 4 cups prepared white [rice](#) <sup>[1]</sup>
- 1 to 2 tablespoons soy sauce or oyster sauce

Heat the oil in a wok.

Start cooking the meat over medium heat. Add in the garlic, salt and pepper.

Add in the vegetables.

Cook for 1 to 2 minutes.

Add in the white rice.

Stir in the soy or oyster sauce, and cook until done.

Preparation time: 30 minutes

– [Subscriptions \(1\)](#)

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[1] <http://kitchen.unseelie.org/.225>