



Perfect Pineapple Fried Rice

Yields: 8 servings

Prep time: 5 min

Cook time: 25 min

INGREDIENTS:

- 1 tablespoon of avocado oil
- 3 cloves of garlic (minced)
- 1 tablespoon of sesame oil
- 4 tablespoons of soy sauce
- 3 green onions (sliced)
- 1 teaspoon of powdered ginger
- 1 teaspoon of pepper
- ½ purple onion (chopped)
- ½ white onion (chopped)
- 2 carrots (peeled and diced)
- 1 cup of frozen corn
- ½ cup of frozen peas
- 3 cups of cooked rice (microwavable is fine)
- 2 cups of pineapple (diced)
- 1 cup of diced ham (cooked)

TOOLS:

- [Induction 21 Steel Fry Pan with Ceramic Coating \(12½ In.\)](#)





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PROCESS:

1. Mix soy sauce, ginger, sesame oil, and pepper in a small bowl and set aside. Chop the carrots, onions and pineapple in this step as well.
2. Add the avocado oil to the fry pan and heat over medium-high heat.
3. Once oil is hot, add garlic and onion to the pan and cook for about 3-4 minutes.
4. If you are using microwavable rice, go ahead and cook it. Set aside.
5. Add the carrots to the pan and continue to cook for 5 minutes over medium heat.
6. Add in the corn, peas, rice, green onions, pineapple, and ham. Mix well.
7. Stir in the sauce mixed in step 1.
8. Plate and serve.

Happy Healthy Eating!