

Hawaiian Fried Rice - Sweet, Savory, and Ready in Minutes

Hawaiian Fried Rice - A Tropical Spin on a Takeout Classic



TIME
20 min

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INGREDIENTS

- 12 oz diced ham
- 1 cup bell peppers, chopped (any color)
- 1 bunch scallions, green and white parts separated and diced
- 2 cups pineapple tidbits, drained
- 3 large eggs
- 4 tbsp butter
- 2 tsp sesame oil
- 2 tbsp lite soy sauce
- 3 cups cooked rice (preferably day-old)

DIRECTIONS

1. Step 1: SautØ Ham and Veggies: Heat a large skillet or wok over medium-high heat.
2. Add ham, chopped bell pepper, and white scallion parts.
3. SautØ for 5-8 minutes until peppers soften and ham begins to brown.
4. Step 2: Add Pineapple: Stir in pineapple tidbits.
5. Cook for 2 minutes, allowing them to warm and slightly caramelize.
6. Step 3: Scramble the Eggs: Push everything to one side of the skillet.
7. Crack eggs into the cleared side and scramble until fully cooked.
8. Mix eggs into the ham and veggie mixture.
9. Step 4: Stir-Fry the Rice: Remove everything from the skillet and set aside.
10. Return skillet to heat and add butter and sesame oil.
11. Add rice and soy sauce, tossing to coat and heat evenly.
12. Step 5: Combine and Finish: Return ham, pineapple, and veggies to the pan.
13. Stir to combine and heat through.
14. Garnish with green scallion tops and serve hot.

TIPS FOR SUCCESS

Let rice fry undisturbed for a minute to develop crispy edges.
Use a wide skillet for even cooking and easier tossing.

Don't over-stir the eggs-let them cook slightly before scrambling for fluffy curds.

Taste and adjust seasoning at the end-soy, salt, or even a splash of lime juice.

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