

## **IDEAS FOR SPAM**

### **Spam fried rice**

Cook rice. Fry beaten egg in oil. Add chopped spam. Add small vegetables e.g. corn, peas, chopped carrots, chopped spring onions. Add cooked rice. Add flavour such as garlic, Worcestershire sauce, pepper. Warm through.

### **Spam scrambled eggs**

Melt a little butter. Add eggs and stir. Add chopped spam. Add pepper. Sprinkle with cheese if liked.

### **Spam kebab**

Alternate cubed spam and a choice of small mushrooms, tomatoes, green or red pepper pieces or pineapple cubes on kebab skewers. Drizzle with oil. Grill or barbecue.

### **Potato and spam pie**

Make a white sauce (milk and cornflour, salt and pepper, brought to the boil) and add chopped onion and parsley (or use a packet). Boil the potatoes and slice into thick rounds. Slice the spam thinly. Arrange the potatoes and spam in layers. Pour over the white sauce. Top with crumbs (bread, Weetabix, cracker) or grated cheese. Bake in oven at 190°C or gas 5 for 30 minutes.

### **Spam and egg pie**

In a baking dish combine chopped spam, beaten eggs, crumbs (bread, Weetabix, cracker), milk and grated cheese. Sprinkle more grated cheese on top. Bake uncovered at 190°C gas mark 5 for 30 minutes.

### **Pasta and spam**

Cook pasta. Fry cubed spam, chopped onion and garlic. Stir in the pasta and flavour with Worcestershire sauce and black pepper. Stir in chopped tomatoes, cooked broccoli or anything else you like.

### **Spam chips**

Slice the spam into chips, drizzle with a little oil and bake in the oven.