

Pork Fried Rice

INGREDIENTS:

- 1 Tbsp grape seed oil
- 3 eggs, beaten (organic, pasture raised if possible)
- 4 cloves of garlic (minced or finely chopped)
- 1 Tbsp ginger
- 1.5 cups brown rice (dry)
- 1 1/2 cups of peas (frozen)
- 1 cup shredded carrots
- 1 bell pepper, chopped
- 1 cup green cabbage, shredded and chopped
- 1 small/medium size onion, chopped
- 2 cups pork tenderloin, chopped into bite sizes pieces
- green onion (3 stalks, chopped)
- 2 Tbsp coconut aminos (can also use Organic Tamari)
- 1 Tbsp sesame oil
- 1-2 tsp of sea salt
- salt & pepper, to taste
- Optional: Clean hot sauce
- Paleo? Use cauliflower rice instead of brown rice



INSTRUCTIONS:

- Cook brown (or cauliflower) rice according to package instructions (recommend doing so in advance).
- In a wok (or large skillet) add grape seed oil over medium high heat. Once warm add eggs and scramble quickly for about 2 minutes. Set aside and cover to keep warm.
- Add a little more oil to the pan if needed and cook white onions, pepper, cabbage, carrots and peas and cook for 4-5 minutes or until onions are translucent. Add ginger and garlic and cook for another minute.
- Add pork, eggs, cooked rice and combine. Stir-in coconut aminos, salt, pepper (to taste) and sesame oil. Top with green onions and drizzle with hot sauce, if desired.

NOTES:

- Chop all veggies/meat into the same bite-size pieces. Zucchini goes well with this dish too. Use your fridge to inspire this meal (that is how I used the cabbage for this dish).
- Time saving techniques: batch cook rice in advance (I use my InstantPot), use leftover pork (or chicken), purchase shredded carrots, purchase minced ginger in jar.
- Clean up tip: To reduce dishes use one of the bowls you will serve this dish in for the eggs while you're cooking the veggies/meat.

