

## Pork

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# 5-Vegetable Fried Rice with 5-Spice Pork

Rachael Ray

30 Minute Meals

**Servings: 4**

**2 cups chicken stock**

**1 1/2 cups long-grain white rice**

**5 tablespoons vegetable oil**

**1 pound thin pork loin chops, thinly sliced**

**salt**

**freshly ground pepper**

**2 teaspoons chinese five-spice powder**

**2 large eggs, beaten**

**1/2 pound shitake mushrooms, stemmed and thinly sliced**

**1 red bell pepper, seeded and thinly sliced**

**2 small carrots, shredded**

**1 scallion, thinly sliced on an angle**

**1 cup fresh or thawed frozen peas**

**3 cloves garlic, finely chopped**

**1 piece (2 inches) fresh ginger, peeled and grated or minced**

**1/2 cup tamari (dark soy sauce)**

In a medium saucepan, bring the stock and 3/4 cup of water to a boil.

Stir in the rice. Cover and cook over low heat for 18 minutes.

Fluff with a fork and spread on a baking sheet to cool.

In a large, deep nonstick skillet or wok, heat two tablespoons of oil over high heat.

Season the pork with salt, pepper and the five-spice powder. Add to the pan and stir-fry for 3 minutes. Transfer to a plate.

Heat one tablespoon of oil in the skillet. Add the eggs and scramble for 2 minutes.

Push the eggs to the side of the pan. Add the remaining two tablespoons of oil and lower the heat to medium.

Add the mushrooms, bell pepper and carrots. Stir-fry for 2 minutes.

Add the scallion, peas, garlic and ginger. Stir-fry for 1 minute.

Add the cooked rice and crisp it for a couple of minutes.

Stir in the soy sauce and reserved pork.

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Per Serving (excluding unknown items): 484 Calories; 20g Fat (38.4% calories from fat); 9g Protein; 64g Carbohydrate; 3g Dietary Fiber; 106mg Cholesterol; 1127mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 3 1/2 Fat.