

Pork

Almost Classic Pork Fried Rice

Cooking Light

Servings: 4

Possible flavor additions can be green beans, brussels sprouts or chard.

Hands-on time: 24 minutes.

Total time: 24 minutes (or 4 hours and 24 minutes if you don't have leftover chilled rice).

2 tablespoons peanut oil or olive oil, divided
1/2 teaspoon kosher salt, divided
1/2 pound boneless pork loin chop, cut into 1/2-inch pieces
1/2 cup carrot, chopped
1/2 cup celery, chopped
1/2 cup green onion bottoms (white part), chopped
2 tablespoons garlic, minced
2 tablespoons peeled fresh ginger, minced
3 cups long-grain brown rice, chilled
1 large egg
3 tablespoons mirin
3 tablespoons low-sodium soy sauce
1 teaspoon dark sesame oil
1/4 teaspoon freshly ground black pepper
2 cups fresh bean sprouts
1/4 cup canned diced water chestnuts, rinsed and drained
1 cup green onion tops, chopped

Heat a large skillet over medium-high heat. Add one tablespoon peanut oil to pan, swirling to coat. Sprinkle 1/8 teaspoon of salt over pork. Add pork to pan and saute' for 2 minutes or until browned on all sides.

Remove pork from pan. Add carrot and celery to pan and saute' for 2 minutes or until lightly browned, stirring frequently. Add carrot mixture to the pork.

Add remaining one teaspoon of peanut oil to pan, swirling to coat. Stir in green onion bottoms, garlic and ginger; cook for 15 seconds, stirring constantly. Add rice, stirring well to coat rice with oil; cook, without stirring, for 2 minutes or until edges begin to brown. Stir rice mixture and cook, without stirring, an additional 2 minutes or until edges begin to brown. Make a well in center of rice mixture. Add egg; stir-fry for 30 seconds or until soft-scrambled, stirring constantly.

Return the pork mixture to the pan. Stir in mirin and cook for 1 minute or until mirin is absorbed. Stir in the remaining 3/8 teaspoon of salt, soy sauce, sesame oil and pepper. Remove from heat and stir in bean sprouts and water chestnuts. Sprinkle with green onion tops.

Yield: 8 cups

Per Serving (excluding unknown items): 565 Calories; 7g Fat (10.4% calories from fat); 14g Protein; 112g Carbohydrate; 6g Dietary Fiber; 53mg Cholesterol; 732mg Sodium. Exchanges: 7 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 Fat.