

MARLEY SPOON



HEALTHY

Five Spice Pork Fried-Rice

with Crunchy Sprouts and Capsicum



30-40min



2 Portions

A combination of cinnamon, cloves, fennel, star anise and Sichuan pepper, five-spice powder gives a fragrant edge to this stir-fry that's unmistakably Chinese. Composed of classic stir-fry veggies, lean pork, brown rice and crunchy sprouts amp up the healthy factor considerably.

What we send

- 125g brown rice
- 1 onion
- 1 carrot
- ginger, 1 garlic clove, 1 spring onion
- 1 capsicum
- 200g crunchy combo sprouts
- free-range pork stir-fry
- 5g Chinese five-spice ^{1,6,17}

What you'll require

- water
- 1 egg ³
- soy sauce ⁶
- vegetable oil or other neutral-flavoured oil
- sea salt and pepper

Utensils

- medium saucepan
- sieve
- fine grater
- large frypan

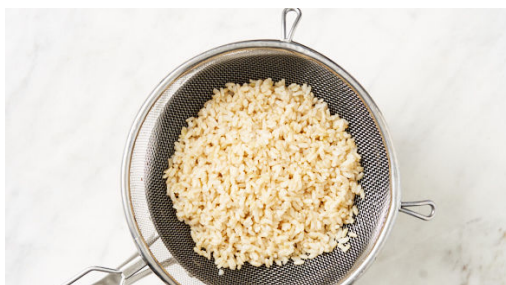
Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Egg (3), Soy (6), Sulphites (17). May contain traces of other allergens.

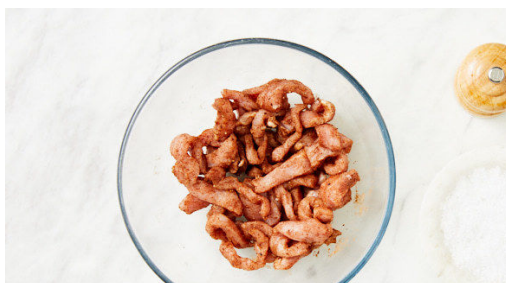
Nutrition per serving

Energy 585kcal, Fat 16.4g, Carbs 58.6g, Proteins 45.8g



1. Cook rice

Read through the recipe. Bring **1L (4 cups) water** to the boil in a medium saucepan. Cook the **rice** in the pan of boiling water for 25 mins or until tender. Drain.



4. Stir-fry pork

Put the **pork** and **2 tsp five-spice** in a bowl, season with **salt and pepper** and toss to coat. Heat **2 tsp oil** in the reserved pan over high heat. Stir-fry the **pork** for 2 mins or until browned. Remove from the pan.



2. Prepare vegetables

Meanwhile, halve the **onion** and thinly slice. Peel the **carrot**, halve lengthwise and thinly slice on the diagonal. Peel and finely grate the **ginger**. Crush or finely chop the **garlic**. Thinly slice the **spring onion** on an angle. Thinly slice the **capsicum**, discarding the seeds and membrane. Rinse the **sprouts** under running water and drain.



5. Stir-fry vegetables

Add **1 tsp oil** to the pan and bring the pan back up to temperature. Stir-fry the **onion** and **carrot** for 2-3 mins until just starting to soften. Add the **ginger, garlic** and **capsicum** and stir-fry for 2 mins or until the vegetables are just tender.



3. Make omelette

Crack **1 egg** in a bowl, add **1 tsp soy sauce** and whisk to combine. Heat **1 tsp oil** in a large frypan over medium-high heat. Add the **egg mixture** and swirl to coat the base of the pan. Cook for 2-3 mins until the egg lifts easily from the sides, then loosely roll up the omelette. Transfer to a board, cool slightly, then cut into strips. Reserve the pan.



6. Get ready to serve

Return the **pork** to the pan. Add the **rice, a quarter of the sprouts** and **3 tsp soy sauce** and stir-fry for 1-2 mins until well combined and heated through. Divide the **fried rice** and **omelette** among serving bowls. Scatter over the **spring onion** and **another quarter of the sprouts** to serve.