

Webfid00192hero porkeggfriedrice 373

Pork Fried Rice

with Baby Corn and Zucchini



20-30min



4 Portions

Satisfy those takeaway cravings with this easy all-in-one Chinese classic. A versatile main, we've amped ours up with lots of veggies and tons of flavour.

What we send

- free-range pork mince
- sauce mix ^{1,2,6,11}
- baby corn
- zucchini
- coriander
- long red chilli
- green peas
- spring onion
- ginger
- jasmine rice

What you'll require

- eggs ³
- soy sauce ⁶
- vegetable oil
- white vinegar

Utensils

- baking paper
- medium saucepan
- oven tray
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

Get the kids to help spreading the rice over the tray in Step 1.

Allergens

Gluten (1), Shellfish (2), Egg (3), Soy (6), Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 800.0kcal, Fat 20.2g, Proteins 50.9g, Carbs 98.2g



1. Cook rice

Rinse the **rice** well. Add to a medium saucepan with 400ml water. Cover and bring to a simmer over medium heat. Reduce heat to low and cook for 12 mins or until tender and water has absorbed. Turn off the heat and stand, covered for 5-10 mins. Fluff rice with a fork and spread over an oven tray lined with baking paper. Place in the fridge for 10 mins to cool.



4. Brown pork

Heat 1 tbs **oil** in a wok or deep frypan over high heat. Stir-fry the **pork**, breaking up with a wooden spoon, for 3 mins or until browned. Add the **ginger** and **onion** and stir-fry for 1 min. Remove from the pan.



2. Prepare ingredients

Meanwhile, peel and grate the **ginger**. Finely slice the **spring onions**. Rinse the **peas** under warm water, then drain and set aside. Slice the **chilli** and pick the **coriander** leaves (discard stems). Halve the **zucchini** lengthwise and thinly slice on the diagonal. Drain and halve the **baby corn** lengthwise.



5. Toast rice

Heat 1 tbs **oil** in the same pan over high heat. Stir-fry the **rice** to coat in oil. Cook, pressing to flatten and crisp, for 4-6 mins until toasted and golden on one side. Make a well in the centre of the rice and crack in 2 **eggs**. Cook, stirring slowly, until lightly scrambled. Stir the eggs through the rice.



3. Prepare sauce

Combine the **pork fried rice sauce** with 2 tbs **soy sauce** and 1 tbs **white vinegar** in a small bowl.



6. Finish rice

Add the **pork mixture**, **zucchini**, **peas**, **corn** and **sauce** to the **rice** and stir-fry for 3 mins or until well combined and warmed through. Divide between bowls and serve the adults' portion topped with the **chilli** and **coriander**.