

PREPARATION: 30 MINUTES

COOKING: 10 MINUTES

4 SERVINGS



PORK FRIED RICE

INGREDIENTS

- 1 cup long grain white rice, dry**
- 2 tablespoons olive oil**
- ½ cup onion, diced**
- 1 tablespoon garlic, minced**
- 2 tablespoons ginger, minced**
- 225g (1 cup) pork loin, fast fry, diced ¼"**
- 1 cup green cabbage, thinly sliced**
- ¼ teaspoon red chili flakes**
- ⅛ teaspoon ground black pepper**
- 2 eggs, whisked**
- ½ cup green onions, thinly sliced**
- ¼ cup cilantro, chopped**
- ½ cup basil, chopped**
- 2 teaspoons lemon juice**
- 1 tablespoon reduced sodium soy sauce**

PREPARATION

- 1** Cook the rice according to instructions on the package. Prepare all other ingredients.
- 2** In a large non-stick skillet, over medium-high heat, heat oil. Add onions, garlic and ginger and sauté for 1 to 2 minutes.
- 3** Add pork cubes and sauté until they are lightly browned and cooked through (4 minutes).
- 4** Add the cabbage and continue to sauté for approximately 2 minutes. Add cooked rice, red chili flakes and black pepper and continue to sauté for 1 minute.
- 5** Push rice mixture to one side of the skillet. To the other side of the skillet add the whisked eggs. Cook until scrambled. Combine egg and rice mixture.
- 6** Add green onions, cilantro, basil, lemon juice and soy sauce. Sauté for another minute. Serve immediately.

Note: *This stir-fry is a great basic recipe to use leftover rice, meat, poultry and vegetables.*

Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

3 Protein + 2 Starch + 1 Vegetable

Calories **386Kcal**

Protein **20g**

Carbohydrates **41g**

Fibre **1.7g**

Total Fat **15g**

Saturated Fat **4g**

Cholesterol **127mg**

Sodium **233mg**

Potassium **422mg**

Phosphorus **230mg**

PHOSPHATE TIP

Fresh and frozen pork loin is often treated with sodium phosphate. Packaged pork that is treated must be called "seasoned". If you are buying from a meat counter, be sure to ask the butcher if the meat is seasoned. Choose pork that is unseasoned and untreated.