



Pork-Fried Dirty Rice

READY IN



25 min.

SERVINGS



6

CALORIES



356 kcal

SIDE DISH

Ingredients

- ☐ 1 lightly cup bean sprouts packed
- ☐ 1 tablespoon chili sauce recommended: Sriracha
- ☐ 2 eggs beaten
- ☐ 0.5 teaspoon ginger fresh minced
- ☐ 2 cloves garlic minced
- ☐ 0.5 pound ground pork
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 1 cup peas frozen thawed

- ☐ 1.5 cups carolina rice
- ☐ 2 scallions chopped
- ☐ 2 teaspoons soya sauce plus more to taste
- ☐ 6 servings water for rinsing and cooking

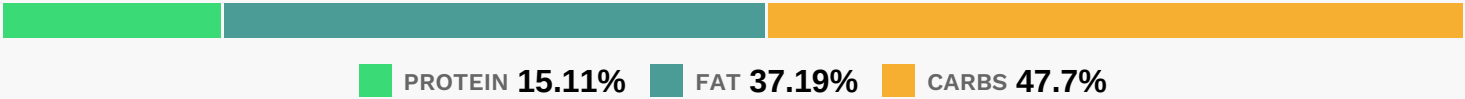
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ wok

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large nonstick saute pan or wok, heat the oil over high heat. When the oil begins to swirl, add the ground pork, salt and ginger. Break the pork up with a spoon and stir while browning. When the pork is cooked through and golden, add the garlic, scallions, bean sprouts and peas. Stir and cook for a minute or so more, then push it to the side and add a bit more oil, if needed.
- ☐ Add the rice and quickly stir to heat and toast the rice. Once a crust has formed on some of the rice, add the soy sauce and chili sauce. Season with more salt, if needed. Incorporate the rice with the rest of the ingredients in the pan. Once combined, push to the sides and add the eggs to the center, allowing the eggs to curdle lightly. Rapidly stir the rice in to coat while the eggs are cooking. The eggs act as glue instead of being left as big curds separated from the rice.
- ☐ Transfer to a serving bowl and serve immediately.
- ☐ Rinse the rice 3 times to remove the starch.
- ☐ Put the rice in a medium saucepan. Fill the saucepan with enough water to cover the rice by 1/2-inch. Or measure by putting your thumb tip on the rice and filling the pot with water until the water reaches the middle of your thumbnail. Bring the rice to a simmer over low heat, then cover and cook until tender and liquid is evaporated, about 15 minutes.
- ☐ Remove from heat and let the rice stand another 5 minutes, covered.

Nutrition Facts



Properties

Glycemic Index:32.92, Glycemic Load:23.36, Inflammation Score:-4, Nutrition Score:12.136086899301%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 356.48kcal (17.82%), Fat: 14.5g (22.3%), Saturated Fat: 4.33g (27.04%), Carbohydrates: 41.83g (13.94%), Net Carbohydrates: 39.65g (14.42%), Sugar: 1.96g (2.18%), Cholesterol: 81.78mg (27.26%), Sodium: 590.99mg (25.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.25g (26.51%), Manganese: 0.64mg (32.25%), Selenium: 21.43µg (30.62%), Vitamin B1: 0.39mg (25.8%), Phosphorus: 181.53mg (18.15%), Vitamin B6: 0.31mg (15.48%), Vitamin B3: 3.05mg (15.23%), Vitamin K: 14.6µg (13.9%), Vitamin C: 11.43mg (13.85%), Vitamin B2: 0.22mg (12.93%), Zinc: 1.89mg (12.61%), Copper: 0.22mg (11.15%), Vitamin B5: 0.99mg (9.89%), Fiber: 2.19g (8.74%), Magnesium: 33.11mg (8.28%), Iron: 1.47mg (8.14%), Folate: 31.49µg (7.87%), Potassium: 270.44mg (7.73%), Vitamin E: 1.04mg (6.94%), Vitamin B12: 0.4µg (6.59%), Vitamin A: 323.73IU (6.47%), Calcium: 45.47mg (4.55%), Vitamin D: 0.29µg (1.96%)