

Pork Fried Rice

Serves 5



This is a healthy, affordable and simple meal to prepare and all of your whānau will love.

The secret to making good fried rice is:

1. Use long grain rice

Rice has a lot of starch so using a long grain rice is a less starchy option.

2. Don't over boil the rice if not using a rice cooker

Over-boiling the rice will cause too much starch to be released. The fried rice will become sticky and the grains of rice will not separate from each other.

3. Remove a lot of starchy water when draining boiled rice

By using plenty of boiling water to cook rice (when not using a rice cooker), when draining the rice, a lot of the starch will drain away with the water.

Pay careful attention to the method below for cooking the rice.

Ingredients

- 2 cups rice
 - 14 cups boiling water
 - 300 grams of sliced pork (or shrimps, beef, or chicken)
 - 1 large onion
 - 2 garlic cloves crushed, peeled then chopped
 - 1 cup chopped/diced cabbage
 - 1 carrot grated
 - 1 diced courgette cubed
 - 1 cup frozen vegetables (defrosted or cooked very lightly and drained)
 - 4 Tbps oil
 - 1 Tbps of light soy sauce (low salt for a healthy option)
 - 1 tsp dark soy sauce
 - 2 tsp sesame
 - 1 Tbsp hoisin sauce
 - ½ tsp of Chinese five spice
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Method for rice (before frying)

1. Boil 14 cups of water in the jug (use at least 7 cups of water for every cup of rice you use).
2. Place the 2 cups of rice in a good size pot, when the water in the jug is boiled pour over the rice and stir the rice well for approx. 8 seconds.
3. Place the pot onto a high heat, bring to the boil and boil rice for 10 minutes only and then remove from the heat.
4. Drain the rice into a large sieve/colander.
5. Place the sieve/colander on to the same warm pot and cover with a lid.
6. It's very important that this rice sits covered, off the hot element, to steam for 10 more minutes to cook fully in its own heat.
7. After ten minutes of the hot rice sitting, cool the rice by spreading on a large tray.
8. If not using straight away, once cooled, place the rice in a container with a lid on it and place in the fridge.

Tip:

As there is more fibre in whole grains, there can be great health benefits in whole grain rice.

If you want to use whole grain rice, instead of boiling the rice for 10 minutes, boil the whole grain rice for 20 minutes. Other than that, still use the same rice cooking process.

Method for frying rice

1. Place the sliced pork (or other meat) in bowl, add the hoisin sauce and sprinkle with the Chinese five spice and mix well
 2. Bring a wok shaped pan (or a large electric frying pan) to a high heat
 3. Once hot, add the oil then quickly place the sliced meat in the pan and stir fry until just cooked (approx. 1 minute, if using cooked shrimps place in with rice)
 4. Place onions in the pan, stir, then add the garlic and stir for 1 minute
 5. Add the carrot, cabbage and courgette and mix for 2 minutes
 6. Add the defrosted frozen vegetables, mix well, stir-frying for 1 minute
 7. Add the cooked rice and mix well for another 1 minute
 8. Once rice is hot, add the soy sauces, dark for colour and light for flavour and finish with the sesame oil.
 9. Remove from the heat and serve whilst hot
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