



### Green for Go Local

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 Ingredients in **green** =  
 locally grown or produced



**Garlic**



**Onion**



**Cabbage**



**Carrot**



**Sweet Potato**



**Peas**

# Pork & Veggie Fried Rice

By Jenny & Rosie

Serves 4-6

## Ingredients

- 1 ½ Cups (375 mL)
- 3 cloves
- 1 tsp (5 mL)
- ¼ Cup (60 mL)
- 2 Tbsp (30 mL)
- ⅛ tsp (1 mL)
- 2 tsp (10 mL)
- 1 small
- 1 lb (454 g)
- 1 lb (454 g)
- 1 large
- 1 Cup (250 mL)

Brown rice (cook a day ahead if possible)

**Garlic**, peeled and minced or grated

Ginger, grated (optional)

Low-sodium soy sauce

Sesame oil

Ground black pepper

Oil (if pork is very lean)

**Onion**, sliced thinly or diced

Ground **pork**

**Cabbage**, shredded, or 1 bag (340 g) **Coleslaw mix**

**Carrot** or 1 small **Sweet potato**, peeled and grated

**Sugar snap peas** or frozen **peas**

## Directions

*Note:* Wash all produce well.

1. Combine the rice and salt with 2 ¼ Cups of water in a heavy saucepan with a tight-fitting lid. Bring to a boil over high heat, then reduce heat to low and simmer for 40 minutes until rice is cooked.

*Note:* Step 1 can be done the day before. In that case, spread out in a shallow bowl or on a cookie sheet. Cool quickly by stirring to release the heat, then refrigerate the rice in a covered container.

2. In a bowl or blender, combine the garlic, ginger, soy sauce, sesame oil and black pepper. Set aside.
3. In a large frying pan, brown the pork and onions over medium-high heat, adding the oil if the pork is lean. A potato masher will help break up any clumps. Once the pork is cooked through and beginning to brown, about 7-10 minutes, add the cabbage and carrot and stir to combine. Add the sauce mixture to the meat and veggies. Stir and cook for another few minutes, until the cabbage is crisp-tender.
4. Gently stir the rice and peas into the pork-cabbage mixture and cook to heat through.
5. The pork and vegetable mixture could be served alongside or on top of the rice rather than mixing it together.



## Create Your Plate!

### Veg It Up

Add sweet pepper strips, bean sprouts, diced green beans, chopped broccoli, sliced mushrooms, sliced radishes, or corn for extra colour, fiber and flavour.

### Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

- ★ Sauces: Plum, hoisin, sriracha, sweet chili
- ★ Toasted sesame, sunflower or pumpkin seeds
- ★ Crunchy chow mein noodles
- ★ Crispy wonton wrappers - brush with oil and bake at 350°F / 175°C until crispy
- ★ **Broccoli** - cooked
- ★ **Celery**
- ★ **Sweet potato** - cooked
- ★ **Spinach**
- ★ **Pea shoots**
- ★ **Radish**
- ★ **Green onion**
- ★ **Peppers**
- ★ **Mushrooms**
- ★ **Fresh cilantro**
- ★ **Fried tofu**
- ★ **Fruit**

## Note from the Authors

"This dish is based on the popular flavours of Egg Rolls and it seems to be a big hit with many families!"

- Jenny & Rosie



Broccoli



Celery



Sweet Potato



Spinach



Pea Shoots



Radish



Green Onion



Pepper



Mushroom



Cilantro



Tofu



Fruit