



Ashley's Meal Prep Monday!



Pork Fried Rice

INGREDIENTS

1-2 LB ground pork
4 eggs whisked
1 white onion finely sliced
4 shallots finely sliced
2 cloves minced garlic
1 cup carrots diced
1 cup peas
½ small sugarloaf cabbage
finely sliced
5 cups cooked jasmine
rice
2 TBSP rice vinegar
4 TBSP coconut aminos
2 TBSP mirin
2 TBSP sesame oil
olive/avocado
oil for pan

Using a large frying pan, heat a small amount of oil on medium-high heat. Add pork into pan and cook down until browned. Once cooked all the way through, place in a bowl and set aside. Coat the pan with another drizzle of oil and pour whisked eggs into the pan and scramble. Once cooked, remove and add to the same bowl with the pork.

Add white onion to pan and cook until tender. Add carrots and cook another 5 minutes. Add peas, cabbage and shallots to pan and stir fry for about 5 minutes. Add in garlic and stir through. Move veggies to one side of the pan and add 5 cups of cooked white rice. Add in the rice vinegar, coconut aminos, mirin and sesame oil and stir through, combining the rice and veggies together.

Add in pork and eggs and stir through. Serve warm and if you want, garnish with green onions and sesame seeds.

Recipe Idea: www.ournourishingtable.com



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