

FRIED RICE WITH GINGER AND CHINESE EGG

2 persons / 594 kcal per serving

Ingredients:

- 150 grams rice
- 250 grams fried rice vegetable mix
- 125 grams mushrooms
- 2 tablespoons oil
- 150 grams of pork
- 1½ tablespoon sweet soy sauce
- 1 cm fresh ginger root (peeled and chopped)
- ½ clove garlic (chopped)
- 60 grams bean sprouts
- pepper and salt
- 2 Chinese eggs



Preparation:

Cook the rice according to the instructions on the package. Cut the red pepper from the fried rice vegetables mix and the mushrooms into large pieces. Heat in a wok ½ tablespoon of oil and stir fry the meat over high heat in 5 minutes brown and cooked, season with soy sauce, pepper and salt. Remove it from the pan. In the same wok, heat 1 tablespoon of oil and fry the ginger, garlic and mushrooms until they lightly discolor, add the vegetables and stir fry them for about 5 minutes over a high heat until they start to shrink, add the bean sprouts in the last minute. Remove the vegetables from the pan. Heat in the wok the last ½ spoon of oil and the cooked rice and fry the meat with scoop. Spoon the vegetables into the wok through the rice mixture. Warm through as well. Delicious with a Chinese egg.

Nutritional value per portion (including Chinese Eggs):

Energy:	594 kcal
Protein:	37.3 grams
Carbohydrates:	64.9 grams
- including sugars:	4.0 grams
Fat:	19.8 grams
Fiber:	6.9 grams
Salt:	1.5 grams