

Pork Stir Fried Rice

640g white long grain rice

3 pints water for rice

4 medium carrots, finely diced

2 cups frozen peas *ingredients*

2 medium onions, finely chopped

1 stick celery, very finely chopped

4 tbsp vegetable oil

1080g cooked diced pork

1½ tsp salt

½ tsp black pepper

3 tsp mixed herbs, dried

1 tsp dried marjoram

⅔ tsp garlic granules

4 tsp soy sauce



cooking instructions

- ❁ Boil the rice for about 10 mins, wash with cold water and leave to drain.
- ❁ Chop the carrots into very small dice and put on to boil for 4-5 mins, then add the frozen peas, boil for a further 2-3 mins, then drain.
- ❁ Oil tin and place in a pre-heated oven (180 C, gas 5) for 2-3 mins.
- ❁ Add the chopped onions and celery and cook for about 10 mins, until soft.
- ❁ Remove, add the frozen pork dice, stir in the herbs, garlic granules and pepper.
- ❁ Return to oven for 10-20 mins, until the pork is gently simmering, stir occasionally and remove from oven, making sure it is piping hot.
- ❁ On the stove, heat some oil in a large pan, add the cooked rice, carrots and peas, season with salt and fry for 4-5 mins.
- ❁ Stir in the pork and onion mix, plus the soy sauce, fry for a further 2-3 mins.