



Soya & Miso Glazed Pork with Egg Fried Rice & Coriander

This is a dish which combines a lot of asian flavours to really bring out that famous umami taste. Umami is a feeling from a food, a richness and fulfillment created by chemicals called unbound glutamates that tease specific taste receptors in the mouth.

Ingredients

- Pork Chop
- Red Onion
- Red Pepper
- Red Chilli
- Spring Onion
- Garlic
- Ginger
- Fresh Coriander
- Egg
- Basmati Rice
- Soy Sauce
- Miso Paste
- Vegetable Stock Cube

Your Pantry

- Olive Oil
- Salt & Pepper

Nutritional Info

Calories: 566 kcal
Carbohydrates: 78 g
Protein: 32 g
Fat: 15 g

Allergens

[Soya \(Soy Sauce, Miso Paste\)](#)
[Wheat \(Soy Sauce\)](#)
[Egg \(Egg\)](#)
[Celery \(Stock Cube\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) **Make the stock and add the rice**

Boil the kettle and make the stock to 500ml of boiling water per stock cube. Add the rice and stock to a saucepan and cook for 15 minutes before draining and setting aside for later.

2) **Marinade the Pork**

Combine half the soy sauce with the miso paste, smear it onto the pork and leave to marinade.

3) **Prepare the Vegetables**

Slice the onion and the pepper. Cut the spring onion on the diagonal and crush the garlic, chilli and ginger.

4) **Fry the Pork**

Fry the pork over a medium heat for 4 minutes on each side, remove the pork from the pan and keep warm.

5) **Cook the Vegetables**

Fry the pepper and onion in the same pan for 3 minutes. Add the garlic, chilli and ginger. Cook for 1 minute. Add in the egg and scramble it around. Fry for another minute. Finally, pour the second half of the soy sauce into the pan. Add the rice and some freshly chopped coriander. Mix until fully combined.

6) **Plate the Dish**

Serve with the pork chop on top of the rice with the spring onion scattered around the dish.



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