



Pork Tenderloin with Wholegrain Egg Fried Rice

This healthy egg fried rice recipe is loaded with vegetables and made with whole grain brown rice. The pork tenderloin, also called pork fillet, is a long thin cut of pork which when sliced into medallions stays juicy and doesn't dry out. This family favourite is also naturally gluten free if you leave out the soy sauce!

Nutritional Info

Calories: 500 kcal
Carbohydrates: 49 g
Protein: 45 g
Fat: 13 g

Ingredients

- Pork Tenderloin
- Ginger
- Mange tout
- Egg
- Mushrooms
- Soy Sauce
- Garlic
- Wholegrain Rice

Your Pantry

- Olive Oil

Allergens

Egg
Soybeans (Soy Sauce)
Wheat (Soy Sauce)

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) **Put the Rice on**

Heat a pot of water until boiling. Once the water is rapidly boiling add the rice and cook for about 15-20 minutes. Move on to the next step.

2) **Prepare the Vegetables and Pork**

Slice the mushrooms. Finely chop the garlic. Grate the ginger. Slice the pork into roughly 1 cm thick slices. Set aside.

3) **Cook the Egg**

In a bowl, beat the egg. Heat some olive oil in a pan on a high/medium heat, then add in the egg. Stir the egg a little then tip it out and slice it. Set aside.

4) **Cook the Vegetables**

In the same pan, add the mushrooms and cook for 2 minutes. Then add the mange tout, ginger and garlic and cook for 2 minutes. Set aside.

5) **Cook the Pork**

Put the same pan on a medium heat and add some olive oil. Cook the pork on both sides until golden brown.

6) **Add the Cooked Rice, Vegetables & Egg**

Add the rice, vegetables and egg to the pan. Stir the ingredients together and allow to heat through.

7) **Add the Soy Sauce**

Add half the soy sauce to the pan and stir through.

8) **Plate the Dish**

Plate the fried rice and with some more splashes of soy sauce if you like.



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