JENNI MARIE'S TEST KITCHEN

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Pork Fried Rice

Serves 3-4 People

Equipment Needed:

- **Large Non-stick Skillet or Wok Style Pan**
- **Small Non-Stick Skillet**
- **Kitchen Scale**
- **Measuring Cups & Spoons**
- **Rubber Spatula**
- **Small Mixing Bowl**
- **Cutting Board**

Directions:

1). Melt butter in a small non-stick skillet over medium heat. Scramble eggs and set aside.

- ***1 Large Egg***
- ***1 T. Butter***

2). Combine sauce ingredients in a small mixing bowl, give it a good whisk and set aside**.**

- ***2 T. (30g.) Soy Sauce***
- ***1 T. (7g.) Oyster Sauce***
- ***1/2 t. Sesame Oil***
- ***1/2 t. Minced Ginger***
- ***2 t. (14g.) Honey***
- ***1 T. Low FODMAP Garlic Replacer (sub w/ 1/2 t. garlic powder)***
- ***1/2 t. Ground Turmeric (optional for color)***
- ***3 T. Fresh Chopped Chives***

3). Fine chop carrot. Heat a large non-stick skillet or wok style pan over medium-high heat. Add garlic oil, onion oil, chopped carrots, and pancetta (or meat of choice). Cook for 3-4 minutes stirring frequently until the carrots start to soften, and pancetta gets crispy. Add frozen peas (if using) and cook everything for another 2-3 minutes, stirring frequently. Add the rice and carefully stir everything together until well combined. Pour the sauce mixture into the pan and stir again so everything is evenly coated. Continue to cook for 3-4 minutes and stir occasionally, giving the rice an opportunity to get a little crispy on the bottom of the pan between stirs. Finally, add the scrambled eggs and give it one last stir to incorporate. Season with salt and pepper to taste.

- ***1 T. Low FODMAP Garlic Oil (or regular olive oil & 1 clove minced garlic)***
- ***1 T. Low FODMAP Onion Oil (or regular oil & 1/4 C. diced onion)***
- ***1 Medium Carrot Finely Chopped***
- ***2 oz. Diced Pancetta (sub with protein of choice - rotisserie chicken, cooked shrimp, pulled pork, etc.)***
- ***1/4 C. Frozen Peas (optional)***
- ***2 to 3 C. Cooked & Chilled Long Grain Rice***
- ***Salt & Pepper to taste***

****I find that the rice sticks to my wok, so I will sometimes add in a little more oil or water after I add the rice to the pan. I also keep a hard plastic spatula handy to periodically scrape brown bits off the bottom of my skillet. I keep my recipe simple with only peas and carrots, but feel free to add diced onion, or any of your favorite veggies.***