



Pork Fried Rice

Recipe Courtesy of Robin Miller and Tyson Foods

Recipe serves 4

Preparation Time: 10-15 minutes

Cook Time: 5½-8½ minutes

Ingredients

- 1 package (17.6 ounces) *Tyson® Pork Loin in Sweet & Tangy BBQ Sauce*
- 1 package (8.8 ounces) 90-second instant whole grain brown rice
- 2 teaspoons peanut or vegetable oil, divided
- 1 egg, slightly beaten
- ½ cup chopped onion
- ½ cup diced carrots
- ½ cup frozen peas
- 1 tablespoon reduced-sodium soy sauce

Stovetop Preparation Instructions

1. Empty contents of pork into tray. Remove pork from BBQ sauce, reserving sauce, and cut pork into ½-inch cubes. Set aside.
2. Heat rice according to package directions. Set aside.
3. Heat 1 teaspoon of the oil in a large nonstick skillet over medium heat. Add egg and cook 1 to 3 minutes, until cooked through, stirring frequently. Remove egg from pan and set aside.
4. In the same pan, heat remaining teaspoon of oil over medium heat. Add onion and carrots and cook 2 minutes. Add rice, cubed pork, the BBQ sauce from the tray, peas and soy sauce and mix well to combine. Cook 1 to 2 minutes to heat through, stirring constantly. Remove from heat and stir in egg.