

Pork and Kimchi Fried Rice



Discover this flavourful dish, rich in fibre to promote satiety and ideal for weight management. The addition of kimchi, an excellent fermented food, adds a layer of digestive health benefits. A delicious and beneficial combination for your health!

Bon appétit!

Preparation 15 min

Cooking 8 min

Servings 4

Nutrition Facts (per serving)

Calories 465

Fat 13

Carbohydrates 45

Fibre 9

Protein 40

Sodium 500

Ingredients

- 15 ml (1 tbsp) vegetable oil
- ½ red onion, sliced
- 1 ? lb (600 g) pork tenderloin, thinly sliced about 2-3 mm (see Note)
- 500 ml (2 cups) cooked wild rice blend (or ? cup uncooked rice)

- 250 ml (1 cup) grated carrots
- 1 red bell pepper, diced
- 15 ml (1 tbsp) soy sauce
- 250 ml (1 cup) kimchi
- 2 green onions, chopped
- 15 ml (1 tbsp) toasted sesame seeds, to taste

Note: You can also use fondue pork meat.

Preparation

1. In a large skillet over medium heat, sauté the onions in the oil for 1 to 2 minutes.
2. Add the pork tenderloin and cook for 2 to 3 minutes per side.
3. Stir in the cooked rice, snap peas, carrots, bell pepper, and soy sauce. Continue cooking for 2 minutes.
4. Turn off the heat and incorporate the kimchi and its juice. *
5. Garnish with green onions and sesame seeds.

*It's important to turn off the heat before adding the kimchi to preserve the beneficial live bacteria.

Notes

Keeps for 5 days in the refrigerator in an airtight container. Freezes for up to 3 months.



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