



TEST KITCHEN *confidential*

KID
IN THE
KITCHEN
FAMILY-FRIENDLY

**FIRED UP FOR
FRIED RICE**

“THIS WEEK, I MADE Quick and Easy Pork Fried Rice. I love this dish, so it was good for me to learn how to make it properly. For this recipe, I had big critics—a 6-year-old and a 16-year-old—but everyone loved it. The pork was so tender, and the sauce had a yummy sweet and sour flavor. The oyster and soy sauces mellowed out the chili garlic, but for those who

— SCROLL FOR MORE —

**TAP FOR
THE KIDS'
VERDICT**



“Cut the pork into small, bite-sized pieces for younger children.”



MATISSE REID

IS A KID WHO COOKS
FOR FRIENDS AND FAMILY.
AGE: 12

**Quick and Easy
Pork Fried Rice
TAP FOR RECIPE**



PHOTOGRAPHY: BECKY LUIGART-STAYNER; FOOD STYLING: BLAKESLEE WRIGHT GILES; PROP STYLING: CINDY BARR. PORTRAIT: ANDREW KAHL

Quick and Easy Pork Fried Rice



SAVE
RECIPE



RECIPE
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TAP TO
CLOSE

Hands-on: 20 min. Total: 20 min.

- 2 (8.5-ounce) pouches precooked basmati rice
- ¼ cup lower-sodium soy sauce
- 1 tablespoon chili garlic sauce
- 1½ teaspoons hoisin sauce
- 2 tablespoons peanut oil, divided
- 1 pound boneless pork shoulder (Boston butt), trimmed and thinly sliced into 1-inch pieces
- 1 large egg, lightly beaten
- 1½ cups chopped red bell pepper
- 1 cup frozen shelled edamame
- ⅔ cup thinly sliced green onions, divided

1. Heat rice according to package directions.
2. Combine soy sauce, chili garlic sauce, and hoisin in a bowl. Heat a wok or large skillet over high heat. Add 1 tablespoon oil; swirl to coat. Add pork to pan in a single layer; cook 2 minutes, without stirring. Stir-fry pork for 4 minutes or until done. Add pork to soy sauce mixture; toss to coat.
3. Add egg to pan; cook 45 seconds or until set. Remove egg from pan; cut into bite-sized pieces.
4. Add remaining 1 tablespoon oil to pan; swirl to coat. Add bell pepper, edamame, and ½ cup onions; stir-fry 1 minute. Add rice; stir-fry 2 minutes. Add pork and soy sauce mixture; cook 1 minute, stirring constantly. Top rice mixture with egg and remaining onions.

—Recipe by Kate Parham

SERVES 6 (serving size: 1 cup)

CALORIES 302; FAT 10.9g (sat 2.5g, mono 4.1g, poly 2.5g); **PROTEIN 16.4g; CARB 36g;**
FIBER 2.8g; CHOL 57mg; IRON 2.9mg; SODIUM 467mg; CALC 52mg