



Minty Pork Rice

NIBBLEDISH CONTRIBUTOR

Ingredients

For 2:

- 2 lean pork chops, cubed
- 2-3 tbsp fresh mint, finely chopped
- 150g low fat natural yogurt
- 1 tbsp honey
- 1 celery stick, chopped
- 2 spring onions, chopped
- 1 yellow pepper, chopped
- 100g rice
- A bit of veggie oil for frying

Pork marinade:

- 2-3 tbsp fresh mint, finely chopped
 - 4 tbsp hoisin sauce (I have a recipe elsewhere on this site if you want to try making your own!)
 - 4 tbsp soy sauce
 - 2 tbsp grated ginger
 - 1 tbsp honey
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Instructions

1. Mix the marinade ingredients in a bowl and sit the pork in it for at least 15 minutes.
2. Rinse the rice a few times in a pan, then add water to cover about half a centimetre above the rice. Bring to the boil, cover, then leave to simmer for 20 minutes.
3. Mix the yogurt with the honey and mint, and set aside.
4. Heat the oil in a wok and fry the pork with the marinade for 4-5 minutes.
5. Add the celery, onion and pepper, tossing for another 2 minutes.
6. Add the cooked rice, mixing in well. Turn off the heat, stir in the yogurt sauce and serve.