

# BBQ Pork Fried Rice

Yield: 4 min  
Total Time: 370 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-dried-bbq-pork-recipe>

## Ingredients:

- pork
- 4 tablespoons rice wine
- 3 tablespoons oyster sauce
- 3 tablespoons soy sauce
- 2 tablespoons honey
- 3 garlic cloves minced, use your grater to make it easier
- 1 tablespoon fresh ginger minced, grater works great here, too
- 1 tablespoon sesame oil
- 1 pound pork tenderloin
- 1 tablespoon char siu Chinese BBQ sauce, if you can't find this, use any sweet BBQ sauce
- rice
- 3 tablespoons canola oil
- 1 tablespoon fresh ginger minced, or grated
- 1 cup carrot peeled and chopped
- 1 cup baby bok choy stems and leaves chopped
- 1 cup frozen peas
- 4 cups jasmine rice cooked, made the day before
- 3 eggs beaten
- 3 tablespoons oyster sauce
- 3 tablespoons soy sauce
- 2 garlic cloves minced, or grated
- 1 tablespoon sesame oil

## Nutrition:

1. Calories: 1070 calories
2. Carbohydrate: 157 grams
3. Cholesterol: 225 milligrams
4. Fat: 26 grams
5. Fiber: 4 grams

6. Protein: 47 grams
7. SaturatedFat: 4 grams
8. Sodium: 2030 milligrams
9. Sugar: 11 grams

---

Thank you for visiting our website. Hope you enjoy BBQ Pork Fried Rice above. You can see more 17 chinese dried bbq pork recipe Experience flavor like never before! to get more great cooking ideas.