

Chinese-style Pork Fillet With Fried Rice

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 15/16 pound pork fillet pack, trimmed and sliced into medallions
- 1 tablespoon soy sauce
- 1 tablespoon five spice Chinese
- 2 tablespoons honey
- 1 tablespoon cornflour
- 1 egg beaten
- 1 3/8 cups cooked rice
- 1 1/2 cups frozen peas defrosted
- 2 spring onions sliced

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 120 milligrams
4. Fat: 4.5 grams
5. Fiber: 3 grams
6. Protein: 28 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 350 milligrams
9. Sugar: 12 grams

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