

Pork stir fried with bacon and rice

Recipe for 4 persons



Description

Pork tenderloin stir fried with honey and soy sauce. Fried rice with bacon!

Note

You can swap the type of rice. This dish is very versatile. Careful when adding salt to the rice, the soy sauce is well seasoned.

Ingredients

Pork stir fry

- 600 Gr Filet mignon of pork
- 50 Ml Canola oil
- 1 Unit(s) Onion
- 20 Ml Soy sauce
- 75 Gr Black sesame seeds
- 75 Gr Sesame seeds
- 4 Turn(s) Fresh ground black pepper
- 15 Gr Honey

- Salt and pepper

Fried Rice

- 250 Gr Basmati rice
- 150 Gr Bacon
- 1 Unit(s) Zucchini
- 125 Gr Peas
- 1 Unit(s) Red pepper
- 50 Gr Butter

- Salt and pepper

Preparation

- Preparation time **30 mins**

Mise-en-place

Cut the pork into 1 inch cubes. Slice the onion finely. Roast the sesame seeds and let them infuse in the honey for a while. In a pot of hot, salted water, cook the peas for 8 minutes. Afterwards, drop them in an ice bath to set the color. Cube the zucchini and bell pepper. Cut the bacon in little strips, lardons.

Pork stir fry

In a hot skillet with a drizzle of vegetable oil sauté the pork cubes until they are browned on all

sides. Remove the pork from the pan and finish cooking in the oven for 8 minutes. Using the same pan, add a drizzle of oil and sauté the onion for a 2 minutes until it becomes translucent. Add the soy sauce and reduce by half, at medium low heat. Add the honey and sesame, bring to a boil to bring every ingredient together, then add the pork and cook for 1 minute or so at medium heat.

Fried rice

Rinse the rice under cold water until the water is clear. Add 1 1/2 times the volume of water for rice. Add salt and bring the pot to a boil. Once it boils, lower the heat to low and simmer the rice for 10 minutes. Afterwards, set the rice aside, cover and cloth on top and let it rest for 5-6 minutes to allow the remaining liquid to be absorbed. In a wok, sauté the bacon bits until they become crunchy. Add the cubed vegetables and sauté for 2 minutes. Add the cooked rice and mix to meld all the flavors. Serve immediately.

Bon appétit!