



GINGER PORK & *Brown Rice Salad Bowl*

PREP
10 min

COOK
7 min

TOTAL
17 min

YIELD
2 servings

Ingredients

1 cup frozen or precooked brown rice
1 pound ground pork (or 2 cups cooked lentils)
2 cloves garlic, minced
1 small red chili, minced (remove seeds if desired)
2 inches fresh ginger, peeled and grated
1 teaspoon brown sugar
1½ tablespoons low sodium soy sauce
1 large cucumber, thinly sliced
2 scallions, thinly sliced
1 cup fresh cilantro, roughly chopped
½ cup fresh mint, roughly chopped
2 limes, juiced

Directions

- 1** In a small pan, cook rice according to package instructions.
- 2** In a large skillet over medium-high heat, add ground pork and cook for 7 minutes or until evenly browned. Skip this step if using lentils.
- 3** Add garlic, chili, ginger, sugar, and soy sauce to pork (or lentils, if using). Toss to combine and cook 1 minute. Remove from heat.
- 4** Serve pork and cucumbers over warm rice and top with chopped cilantro, mint, and scallions.

Nutrition Facts: 475 calories, 20g fat, 6g saturated fat, 306mg sodium, 48g carbohydrate, 3g fiber, 3g sugar, 23g protein