

Submitted by Katherine Weber
(Matty's Mavericks Wed 6:45pm)

Ginger Pork & Rice Bowl (Serves 6)

Ingredients

6 green onions *chopped, divided*
3 Tbsp soy sauce
2 tsp packed light brown sugar
1 tsp crushed red pepper flakes
1 Tbsp olive oil
1 clove garlic *minced*
1 Tbsp [ginger paste](#)
1 lb ground pork
2 cups white rice *cooked*
1 medium cucumber *diced*
1/2 cup fresh cilantro *chopped*



Instructions

1. In a medium bowl, add half of the green onions, soy sauce, brown sugar and crushed red pepper flakes. Stir to combine.
2. In a medium skillet, over medium-high heat, add olive oil, garlic and ginger paste. Stir to combine and cook until fragrant; about 1 minute.
3. Add pork, breaking apart slightly and pressing flat into pan. Cook until browned on bottom; about 4-5 minutes, without stirring.
4. Break apart and stir in soy sauce mixture. Continue cooking, stirring and breaking apart occasionally, until pork is done; about 4-5 more minutes.
5. Stir in remaining green onions and remove from heat.
6. Serve over rice topped with cilantro and cucumbers.

Nutrition Facts (per 1 Serving)	
Calories	356
Total Fat	21.7 g
Saturated	21.7 g
Trans	0 g
Polyunsaturated	0.3 g
Monounsaturated	1.7 g
Cholesterol	213.3 mg
Sodium	656.8 mg
Total Carbohydrates	26.7 g
Dietary Fiber	3.1 g
Sugar	2.9 g
Added Sugars	0 g
Sugar Alcohols	0 g
Net Carbs	🔒
Protein	24.3 g
Vitamin D	0 %
Calcium	14.2 %
Iron	26.3 %
Potassium	387.2 mg
Vitamin A	2.3 %
Vitamin C	33.7 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.