Pork and Edamame Ginger Rice Bowls

2 rice bowls, each with half the pork, edamame, carrot and rice · Active 35 min · Total 1 hr

Skills: Beginner with ordinary kitchen equipment

Ingredients

- 9 oz plain raw ground pork (250 g)
- 1 cup plain frozen shelled edamame (160 g), not thawed
- About 4 cups water for boiling edamame (1 liter), or package-required amount
- 1/2 cup dry long-grain white rice (100 g)
- About 3/4 cup plus 1 tablespoon water for rice (200 ml), or packet-required amount
- 1 large carrot, finely diced (100 g prepared)
- 1/4 cup thinly sliced green onion (25 g)
- 1 tablespoon plus 2 teaspoons finely grated ginger (10 g)
- 2 garlic cloves, minced (6 g)
- 1 teaspoon olive oil (5 ml/about 4.5 g)
- 1 tablespoon ordinary soy sauce (15 ml/about 16 g)
- 2 teaspoons cider vinegar (10 ml/about 10 g)
- 2 tablespoons water for pork (30 ml)

Set out

Medium saucepan with lid for rice, Saucepan and colander for edamame, or package-specified equipment, 28 cm/11-inch skillet, Spoon, Knife and board, Kitchen scale, Measuring jug, Food thermometer, 2 bowls

Allergens

Soy, Wheat in ordinary soy sauce. Check labels and substitutions.

Make it

1. Prepare vegetables first. Rinse rice and cook it with its measured water, or packet-required amount. For a typical long-grain product, simmer covered for 15–18 minutes and rest covered off the heat for 5 minutes; keep hot for immediate serving.

2. Cook frozen shelled edamame from frozen according to its complete package instructions. For a boil-directed product, bring its required water to a boil, add beans and cook for the full stated interval, often 5–8 minutes. Drain well. Do not use thawing as the cooking step.

3. Heat oil in the skillet over medium heat. Cook finely diced carrot for 6–8 minutes until softening. Add raw pork, break into small crumbles and cook for 8–10 minutes until a gathered thick portion reaches 160°F/71°C, measured without touching the pan. Add ginger and garlic for 30–60 seconds.

4. Stir in soy sauce, vinegar, pork water and cooked drained edamame. Heat for 2–3 minutes until the whole mixture is 165°F/74°C throughout. Fold in green onion for the last minute. Divide all hot rice between 2 bowls and top with all pork-edamame mixture and its pan juices.

A useful kitchen skill

Use edible shelled-bean weight, cook frozen edamame as directed and verify ground pork separately before the final bowl assembly.

A useful detail

The nutrition calculation uses frozen shelled edamame in its unprepared state and generic raw ground pork, not the separate cooked entries. Full oil is included. Edamame label instructions and a measured meat endpoint take priority over suggested intervals.

Keep it well

Cool rice and the pork mixture separately in shallow containers quickly, ideally within 1 hour of the rice’s original cooking. Refrigerate at 40°F/4°C or below and eat within 24 hours of that original cooking. Reheat rice no more than once, with the complete serving reaching 165°F/74°C throughout, then eat immediately. Discard uneaten reheated rice portions rather than chilling again.