



# PORK & PINEAPPLE SKEWERS

Juicy pork and sweet pineapple skewers grilled to perfection with a zingy homemade sauce – fun to make and full of flavour!



40 Minutes



PORK



2 Servings

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## FROM YOUR BOX

JASMINE RICE	150g
RED CAPSICUM	1
ZUCCHINI	1
SHALLOT	1
TINNED PINEAPPLE RINGS	225g
DICED PORK	300g
TOMATO SAUCE	2 x 25ml

## FROM YOUR PANTRY

oil for cooking, salt, pepper, skewers, vinegar (rice, white wine or apple cider), sugar, soy sauce

## COOKING TOOLS

large frypan, saucepan

Leftover sauce? Leftover sauce? It's great for dipping spring rolls or spooning over rice or noodles.

### Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.



### 1. COOK the RICE

Place **rice** in a saucepan, cover with **275ml water**. Bring to a boil. Cover and reduce to medium-low heat for 10–15 minutes. Remove from heat, uncover and stand for 5 minutes.

**tip** Use a rice cooker if you have one!



### 2. PREPARE the INGREDIENTS

Cut **capsicum**, **1/2 zucchini** and **shallot** into chunky squares. Drain the **pineapple**, **reserving the juice**, then cut into bite sized pieces.



### 3. Make the SKEWERS

Thread **pork**, **capsicum**, **shallot** and **pineapple** onto **skewers**. Drizzle with **oil** and season with **salt and pepper**.

**tip** Extra veggies? Thread them onto veggie-only skewers or toss them on the BBQ to serve on the side.



### 4. Make the Sweet 'N' Sour Sauce

Add **1/3 cup pineapple juice**, **tomato sauce**, **1 tbsp vinegar**, **1 tbsp sugar**, and **1/2–1 tbsp soy sauce** to a small saucepan. Simmer for 3–4 minutes until slightly thickened. Taste and adjust seasoning to taste to **sugar and vinegar**.



### 5. BBQ the SKEWERS

Heat the BBQ (or use a grill pan) to medium-high. Cook **skewers** for 8–10 minutes, turning, until pork is golden and cooked through.

**tip** You can cook the skewers at 220°C for about 20 minutes if you don't want to BBQ.



### 6. FINISH AND SERVE

Serve **skewers** on plates with fluffy **rice**. Spoon over the **sweet 'n' sour sauce**, or use it as a dipping sauce on the side.