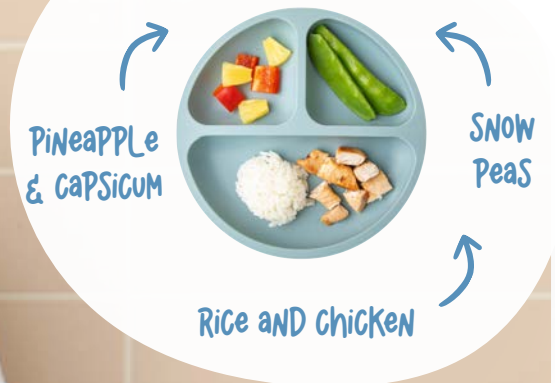




DINNER TWIST
LOCAL, HEALTHY, DELIVERED

for the
little ones



thai Pineapple Pork



35 Minutes



PORK



4/6 Servings

Mild Thai style fried rice with sweet pineapple, snow peas and golden ginger-lime pork, finished with crunchy cashews.

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	19g	62g

FROM YOUR BOX

	4 PERSON	6 PERSON
JASMINE RICE	300g	300g + 150g
GINGER	20g	2 x 20g
LIME LEAVES	2	3
LIME	1	2
PINEAPPLE PIECES	225g	2 x 225g
RED CAPSICUM	1	1
SNOW PEAS	150g	2 x 150g
SPRING ONIONS	1 bunch	2 bunches
PORK STRIPS	600g	600g + 300g
CASHEWS	40g	2 x 40g

FROM YOUR PANTRY

oil for cooking (sesame or other), salt, pepper, sugar, fish or soy sauce (see notes)

COOKING TOOLS

large frypan or WOK, saucepan

Use fish sauce for a more Thai-style flavour, or soy sauce for a milder family-friendly option.

Before you start cooking!

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



1. COOK THE RICE

Place **jasmine rice** in a saucepan, cover with **550ml water**. Bring to a boil, cover with a lid and reduce to low. Cook for 10–15 minutes or until **water** is absorbed.

tip Use a rice cooker if you have one!



4. COOK THE PORK

Heat a large frypan with **oil** over medium-high heat. Add **pork strips**, in batches, and cook for 4–5 minutes, turning, until lightly charred and cooked through. Transfer to a plate.

tip Make sure the pan is hot before adding the pork for a lightly charred finish.



2. MAKE THE GINGER-LIME SAUCE

Grate **ginger** to yield 1 tbsp. Remove tough middle stem from **lime leaves** and slice very finely. Combine with **lime juice**, **2 tbsp fish (or soy) sauce**, **1 tbsp sugar**, **2 tbsp pineapple juice** (from tin), **1 tbsp water** and **1 tbsp oil**.

6P – use **3 tbsp fish sauce**, **1 1/2 tbsp sugar** and **3 tbsp pineapple juice**.



5. STIR-FRY THE RICE

Return pan to medium-high heat with more **oil**. Add **prepared vegetables** and cook for 2–3 minutes until just tender. Add **rice** and **remaining ginger-lime sauce**. Toss until warmed through.

tip Serve stir-fried veggies, pork & rice separately if you prefer!



3. PREPARE THE INGREDIENTS

Dice **capsicum** and drain **pineapple**. Trim and halve **snow peas**. Slice **spring onions**, keeping some green tops for serving.

Toss **pork strips** with **1 tbsp ginger-lime sauce** and **1 tbsp oil**.

6P – use **2 tbsp sauce for the pork**.



6. FINISH AND SERVE

Serve **pineapple rice** topped with **pork**, **cashews** and **reserved spring onion tops**. Season with **salt and pepper** to taste.