



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



for the  
little ones



GRILLED PORK SKEWER  
& PINEAPPLE

# 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



4/6 SERVINGS

**How did the cooking go?** Share your thoughts via **My Recipes** tab in your **Profile** and leave a review. **Something not right?** Text us on **0448 042 515** or email [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

## FROM YOUR BOX

	4 PERSON	6 PERSON
JASMINE RICE	300g	300g + 150g
RED CAPSICUM	1	2
ZUCCHINI	1	1
RED ONION	1	1
TINNED PINEAPPLE RINGS	440g	440g + 225g
DICED PORK	600g	600g + 300g
TOMATO SAUCE	3 x 25ml	4 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 **550ml 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.

**6P – use 850ml for the rice.**

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



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

Add **1/2 cup pineapple juice**, **tomato sauce**, **2 tbsp vinegar**, **2 tbsp sugar**, and **1 1/2 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**.



### 2. PREPARE the INGREDIENTS

Cut **capsicum**, **zucchini** and **red onion** into chunky squares. Drain the **pineapple**, **reserving the juice**, then cut into bite sized pieces.



### 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.



### 3. Make the Skewers

Thread **pork**, **capsicum**, **onion** 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.



### 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.