



### Product Spotlight: Spring Onions

Spring onions are young onions picked before the bulb has had a chance to swell; the long, slender green tops and the small white bulb are edible and are tasty raw or cooked.



## Chinese BBQ Pork with Sticky Rice

A homemade version of the much loved char siu BBQ pork – sweet and savoury and served on a bed of sticky rice with a side of garlic stir-fried vegetables.



30 minutes



2 servings



Pork

12 May 2023

## Change the flavour!

*Instead of making a BBQ glaze, coat the pork with garlic and honey along with soy sauce or ground cumin.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	16g	77g

## FROM YOUR BOX

SUSHI RICE	150g
HONEY SHOT	1
GARLIC CLOVES	2
ASIAN GREENS	1 bunch
SPRING ONIONS	1 bunch
RED CAPSICUM	1
PORK STEAKS	300g

## FROM YOUR PANTRY

oil for cooking, cornflour, hoisin sauce, Chinese five-spice

## KEY UTENSILS

large frypan, saucepan

## NOTES

You can use oyster sauce, soy sauce or kecap manis if you don't have hoisin sauce.

We used sesame oil to cook the vegetables for extra fragrance.



### 1. COOK THE RICE

Rinse sushi rice. Place in a saucepan with **300ml water**. Cover and bring to a boil. Reduce heat immediately to low. Cook, semi-covered, for 20 minutes until rice is tender and water is absorbed.



### 2. MAKE THE BBQ SAUCE

Whisk together honey, **1 tsp Chinese five-spice**, **2 tbsp hoisin sauce**, 1 crushed garlic clove, **1/2 tsp cornflour** and **1/4 cup water** (see notes).



### 3. PREPARE THE STIR-FRY

Trim and slice Asian greens. Cut spring onions into 4cm lengths. Slice capsicum.



### 4. COOK THE STIR-FRY

Heat a large frypan over medium-high heat with **oil** (see notes). Add prepared vegetables and 1 crushed garlic clove. Cook for 5 minutes, remove and set aside.



### 5. COOK THE PORK

Coat pork steaks with 1/2 tbsp BBQ sauce. Add **oil** to pan and cook pork for 4 minutes on one side. Turn pork over and pour in remaining sauce. Cook for a further 4-5 minutes until sauce has thickened and pork is cooked through.



### 6. FINISH AND SERVE

Slice pork steaks, serve with rice and vegetables. Spoon over extra BBQ sauce from pan.



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