



### Product Spotlight: Sushi Rice

Sushi is made using a special Japanese white hulled rice, commonly called sushi rice. It is high-quality, short-grain rice that is sticky and slightly sweet.



## Teriyaki Pork Bowl

A bowl of sticky sushi rice, tender glazed teriyaki pork bites and fresh rainbow veggies finished with crushed savoury seaweed snack.



25 minutes



2 servings



Pork

22 September 2023

### Switch it up!

*You can sauté the cabbage and carrot if you prefer a warmer dish. Add to a pan with sesame oil and crushed garlic for added flavour! Garnish the dish with some toasted sesame seeds or cashews.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	28g	87g

## FROM YOUR BOX

SUSHI RICE	150g
AVOCADO	1
RED CABBAGE	1/4
CARROT	1
PORK STEAKS	300g
TERIYAKI SAUCE	125ml
SEAWEED SNACK	1 packet

## FROM YOUR PANTRY

oil for cooking

## KEY UTENSILS

large frypan, saucepan

## NOTES

Use the cabbage to taste. You can stir fry the cabbage in a pan if you prefer a warmer dish.

Use sesame oil to cook the pork for extra flavour. Keep tossing the pork to prevent over-charring. We recommend using a non-stick fry pan; if you don't have one, line your frypan with baking paper.

**Protein upsize** – 300g pork steaks and 125ml teriyaki sauce.



### 1. COOK THE RICE

Rinse sushi rice. Place in a saucepan with 1.5 x 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. PREPARE THE TOPPINGS

Dice avocado. Finely shred cabbage (see notes). Julienne or grate carrot. Set aside.



### 3. COOK THE PORK

Cut pork steaks in half lengthways, then slice to form cubes. Toss with 1/2 tbsp teriyaki sauce. Heat a frypan over high heat with oil. Cook pork for 5-7 minutes until nearly cooked through (see notes).



### 4. ADD THE SAUCE

Reduce heat to medium. Pour in remaining teriyaki sauce and cook for 1 minute until warmed and pork is cooked through. Take off heat.



### 5. FINISH AND SERVE

Divide rice, pork and toppings among bowls. Use hands to crush seaweed snack sheets over top to garnish.



Scan the QR code to  
submit a Google review!

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

