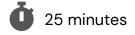






Teriyaki Pork Bowl

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





2 servings



Pork

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.



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 O481 072 599 or send an email to hello@dinnertwist.com.au



