

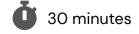




Chinese BBQ Pork

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.





4 servings



Pork

Change the flavour!

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

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

37g

15g

72g

FROM YOUR BOX

SUSHI RICE	300g
HONEY SHOTS	2
GARLIC CLOVES	2
ASIAN GREENS	1 bunch
SPRING ONIONS	1 bunch
RED CAPSICUM	1
PORK STEAKS	600g

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 **600ml 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, 2 tsp Chinese fivespice, 3 tbsp hoisin sauce, 1 crushed garlic clove, 1 tsp cornflour and 1/2 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 <u>1 crushed garlic clove</u>. Cook for 5 minutes, remove and set aside.



5. COOK THE PORK

Coat pork steaks with 1 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.

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



