



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



4 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
	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 five-spice**, **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 1 crushed garlic clove. 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.



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