




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

 4 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
	38g	22g	78g

FROM YOUR BOX

SUSHI RICE	300g
AVOCADO	1
RED CABBAGE	1/4
CARROT	1
PORK STEAKS	600g
TERIYAKI SAUCE	250ml
SEAWEED SNACK	1 packet

FROM YOUR PANTRY

oil for cooking

KEY UTENSILS

large frypan, saucepan

NOTES

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 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.



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