



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Red onion

Red onion is sweeter and higher in antioxidants compared with brown onion. It's great both raw and cooked!



4 Five-Spice Pork with Pineapple Rice

A family-friendly and healthier version of a take-away classic. Five-spice rubbed free-range pork steaks and fragrant pineapple rice.

 25 minutes

 2 servings

 Pork

28 December 2020

Make it yours

This dish is particularly easy to customise to your liking. You can add additional ingredients like mushrooms, water chestnut, baby corn, cashews or green beans.

FROM YOUR BOX

BASMATI RICE	150g
DICED PINEAPPLE	225g
PORK STEAKS	300g
RED ONION	1/2 *
ASIAN GREENS	2 bulbs
RED CAPSICUM	1/2 *
CARROT	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking (see notes), salt, pepper, soy sauce, Chinese five-spice, 1 garlic clove

KEY UTENSILS

large frypan, saucepan

NOTES

We used sesame oil for extra flavour.

Use the rice container to easily measure the right amount of water.

For extra flavour, add some ginger or chilli to the rice at step 4 along with the soy sauce.

No pork option – pork steaks are replaced with chicken schnitzels. Cook as per recipe.



1. COOK THE RICE

Place rice in a saucepan and cover with 1.5 x amount of water (see notes). Cover with lid, cook over low heat for 10–15 minutes. Remove from heat, let stand 5 minutes. Stir carefully with a fork.



2. COOK THE PORK

Drain pineapple, keeping 1/4 cup juice.

Heat a large frypan over medium-high heat. Rub pork with **1 tsp five-spice, oil and salt**. Cook for 4–5 minutes on one side, then turn and add juice. Cook for a further 4–5 minutes or until cooked to your liking. Remove and keep warm.



3. COOK THE VEGETABLES

Slice onion, Asian greens, capsicum and carrot. Re-heat pan with **1 tbsp oil** over medium-high heat. Add vegetables as you go with **1/2 tsp five-spice and crushed garlic**. Cook for 3–4 minutes until just tender.



4. ADD PINEAPPLE AND RICE

Add pineapple pieces and rice to vegetables with **1 tbsp soy sauce** (see notes). Mix well and season with extra **soy sauce and pepper**.



5. FINISH AND PLATE

Slice pork and serve with pineapple rice.

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**

