



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Celery


Celery was once used as “bouquet of flowers”, to reward winners of athletic games in ancient Greece. Today, giving someone celery instead of flowers may not go down as well...



## 4 Five-Spice Pork

Stir-fried vegetables with fragrant rice and tender free-range pork steaks.

 25 minutes

 4 servings

 Pork

2 July 2021

*Fresh veggie sticks*

*Serve capsicum, carrot and celery fresh as veggie sticks on the side if preferred.*

## FROM YOUR BOX

BASMATI RICE	300g
PORK STEAKS	600g
RED ONION	1/2 *
CARROT	1
CELERY STICKS	2
RED CAPSICUM	1
GREEN BEANS	1/2 bag (125g) *
CHIVES	1/3 bunch *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking (see notes), pepper, Chinese five spice, honey (or maple syrup), soy sauce

## KEY UTENSILS

2 frypans, saucepan

## NOTES

We used sesame oil for extra flavour.

If you have some, you can add 1-2 crushed garlic cloves with the veggies.

**No pork option - pork steaks are replaced with chicken schnitzels.** Cook for 4-5 minutes on each side or until cooked through.



### 1. COOK THE RICE

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



### 2. MARINATE THE PORK

Whisk together **1 tbsp five spice, 1/2 tbsp honey, 2 tbsp soy sauce and 2 tbsp oil.** Add pork steaks and turn to coat. Leave to the side.



### 3. PREPARE THE VEGETABLES

Slice red onion, carrot, celery, capsicum and green beans.



### 4. COOK THE PORK

Heat a frypan over medium-high heat. Shake marinade from pork and add to pan (keep marinade). Cook for 4-5 minutes each side or until cooked to your liking. Return marinade to pan and simmer for 1-2 minutes. Season to taste with **pepper and soy sauce.**



### 5. STIR-FRY THE VEGETABLES

Heat a second pan with **oil.** Add all the vegetables (see notes) to the pan and stir-fry for 2-3 minutes until just tender. Add **1 tbsp soy sauce, 1 tbsp honey, and pepper** to taste.



### 6. FINISH AND PLATE

Slice pork steaks and serve with rice and vegetables. Pour over sauce from pan. Slice chives and scatter on top.

**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**

