



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



2 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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	26g	47g

FROM YOUR BOX

SUSHI RICE	150g
HONEY SHOT	1
HOISIN SAUCE	1 packet
GARLIC CLOVES	2
ASIAN GREENS	1 bunch
SPRING ONIONS	1 bunch
RED CAPSICUM	1
PORK STEAKS	300g

FROM YOUR PANTRY

oil for cooking, cornflour, Chinese five-spice

KEY UTENSILS

large frypan, saucepan

NOTES

We used sesame oil to cook the vegetables for extra fragrance.



1. COOK THE RICE

Rinse sushi rice. Place in a saucepan with **300ml 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, **1 tsp Chinese five-spice**, hoisin sauce, 1 crushed garlic clove, **1/2 tsp cornflour** and **1/4 cup water**.



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 1/2 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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