



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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