




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 home made version of the much loved char siu BBQ pork – sweet and savoury! Served on a bed of sticky rice with a side of garlic stir-fry 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
	45g	19g	61g

FROM YOUR BOX

SUSHI RICE	150g
HONEY SHOT	1
HOISIN SAUCE	50ml
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 **325ml 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.



Scan the QR code to submit a Google review!

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

