



Product Spotlight: Cashew Nuts

The cashew tree originated in Brazil, and large juicy apples with cashew nuts attached to the bottom hang from its branches!



Stir-fried Pineapple Pork

with Jasmine Rice

Stir-fried pork with capsicum and sweet pineapple served over fluffy jasmine rice topped with a fresh cucumber salsa and crunchy cashew nuts.



25 minutes



4 servings



Pork

Make a curry!

Add a tin of coconut milk and some red curry paste instead of sweet chilli sauce to make it a simple pork and pineapple curry to serve over the jasmine rice.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	16g	78g

FROM YOUR BOX

JASMINE RICE	300g
SPRING ONIONS	1 bunch
RED CAPSICUM	1
GREEN CAPSICUM	1
PINEAPPLE PIECES	440g
LIME	1
LEBANESE CUCUMBERS	2
PORK MINCE	500g
GARLIC CLOVES	2
KAFFIR LIME LEAVES	2
CASHEW NUTS	80g

FROM YOUR PANTRY

sesame oil, soy sauce, sweet chilli sauce

KEY UTENSILS

saucepan, large frypan

NOTES

You can halve and use scissors to cut lime leaves into thin strips straight into the pan.

To increase the flavour, you can use some red curry paste, or other Thai style curry paste if you have some in your fridge!



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1. COOK THE JASMINE RICE

Place **rice** in a saucepan, cover with **550ml water**. Bring to a boil. Cover with a lid and reduce to medium-low heat for 10–15 minutes. Remove from heat, uncover and stand for 5 minutes. Stir carefully with a fork.



4. COOK THE PORK

Heat a large pan with **1–2 tbsp sesame oil** over high heat. Add **pork mince** and cook for 5 minutes, or until browned. Crush in **garlic**, slice and add **lime leaves** (see notes).



2. PREPARE THE INGREDIENTS

Slice **spring onions** (reserve green tops) and **capsicums**, drain **pineapple** (reserve juice). Zest **lime**, keep separate.



5. FINISH THE STIR-FRY

Add spring onions, capsicums and pineapple. Stir-fry until softened then add **2 tbsp sweet chilli sauce**, **2 tbsp soy sauce**, **2 tbsp reserved pineapple juice** and lime zest. Cook for further 2–3 minutes.



3. MAKE THE SALSA

Finely dice **cucumbers** and slice reserved green tops of the spring onions. Toss together with juice from 1/2 lime and drizzle with **sesame oil**.



6. FINISH AND SERVE

Serve pork stir-fry with jasmine rice and remaining lime cut into wedges. Top with fresh cucumber salsa and **cashew nuts**.

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