



### 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



4/6 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	62g

## FROM YOUR BOX

	4 PERSON	6 PERSON
SUSHI RICE	300g	300g + 150g
HONEY SHOTS	2	3
HOISIN SAUCE	2 x 50ml	3 x 50ml
GARLIC CLOVES	2	3
ASIAN GREENS	1 bunch	1 bunch
SPRING ONIONS	1 bunch	2 bunches
RED CAPSICUM	1	2
PORK STEAKS	600g	600g + 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 **650ml 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.

**6P** - cover rice with 975ml water.



### 2. MAKE THE BBQ SAUCE

Whisk together **honey**, **2 tsp Chinese five-spice**, **hoisin sauce**, **1 crushed garlic clove**, **1 tsp cornflour** and **1/2 cup water**.

**6P** - whisk together **honey**, **3 tsp Chinese five-spice**, **hoisin sauce**, **2 crushed garlic cloves**, **1 1/2 tsp cornflour** and **3/4 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 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.

**6P** - coat pork steaks with 2 tbsp BBQ sauce.



### 6. FINISH AND SERVE

Slice **pork steaks**, serve with **rice** and **vegetables**. Spoon over extra **BBQ sauce** from pan.



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