



**Product Spotlight:
Spring Onions**

Spring onions have both antibacterial and antiviral properties which can help in fighting viral infections like the common cold as well as assisting in reducing mucus.

Pork Yakitori

with Pickled Cucumber and Rice

Yakitori-style pork skewers, grilled with a ginger teriyaki sauce, served over nutty brown rice with pickled cucumber and fresh Oriental slaw.



35 minutes



2 servings



Pork

Switch it up!

If you don't want to make the yakitori skewers, you can stir-fry the pieces of pork steak with the spring onions and some of the prepared dressing.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	51g	55g	97g

FROM YOUR BOX

BROWN RICE	150g
LEBANESE CUCUMBER	1
GINGER	1 piece
TERIYAKI SAUCE	1 sachet
PORK STEAKS	300g
SPRING ONIONS	1 bunch
ORIENTAL SLAW	250g

FROM YOUR PANTRY

sesame oil, salt, pepper, white wine vinegar, skewers (see notes)

KEY UTENSILS

saucepan, griddle pan or BBQ

NOTES

If you are using wooden skewers, soak them in water before hand to help prevent them from burning.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



2. PICKLE THE CUCUMBER

In a non-metallic bowl whisk together **1 tbsp vinegar** and **1/2 tsp salt**. Thinly slice cucumber and add to bowl. Stir occasionally.



3. MAKE THE DRESSING

Peel and grate ginger. Add to a large bowl along with teriyaki sauce and **1 tbsp sesame oil**.



4. MAKE THE SKEWERS

Cut pork into smaller pieces. Cut spring onions into 4cm pieces (reserve green tops for garnish). Thread pork and spring onions onto **skewers**.



5. COOK THE SKEWERS

Heat BBQ or a griddle pan over medium-high heat with **sesame oil**. Add skewers and cook for 4–5 minutes. Drizzle with a little dressing, turn over and cook for a further 4–5 minutes or until cooked through.



6. FINISH AND SERVE

Divide rice among bowls. Top with drained cucumbers, oriental slaw and skewers. Drizzle over dressing. Garnish with thinly sliced spring onion green tops.



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