



Product Spotlight: Spring Onions

Spring onions are very 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!



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
	45g	21g	98g

FROM YOUR BOX

BROWN RICE	150g
LEBANESE CUCUMBER	1
GINGER	1 piece
TERIYAKI SAUCE	2 sachets
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 20-25 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 steaks** 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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