



### 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



4 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
	48g	41g	81g

## FROM YOUR BOX

BROWN RICE	300g
LEBANESE CUCUMBERS	2
GINGER	1 piece
TERIYAKI SAUCE	2 sachets
PORK STEAKS	600g
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 **2 tbsp vinegar** and **1 tsp salt**. Thinly slice cucumbers 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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