



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 both edible, 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



4/6 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
	40g	12g	59g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN RICE	300g	300g + 150g
LEBANESE CUCUMBERS	2	3
GINGER	1 piece	1 piece
TERIYAKI SAUCE	2 sachets	3 sachets
SPRING ONIONS	1 bunch	2 bunches
DICED PORK	600g	600g + 300g
ORIENTAL SLAW	250g	2 x 250g

FROM YOUR PANTRY

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

KEY UTENSILS

saucepan, griddle pan or BBQ

NOTES

To stretch the dressing, add 1/2-1 tbsp soy sauce.

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



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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 **2 tbsp vinegar** and **1 tsp salt**. Thinly slice **cucumbers** and add to bowl. Stir occasionally.

6P – whisk together 3 tbsp vinegar and 1 tsp salt.



3. MAKE THE DRESSING

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



4. MAKE THE SKEWERS

Cut **spring onions** into 4cm pieces (reserve green tops for garnish).

Thread **diced 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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