



3. SESAME PORK NUGGETS

WITH PINEAPPLE RICE



20 Minutes



4 Servings

Pork steaks cut into nuggets and tossed in sesame seeds. Served with pineapple rice and finished with a delicious dressing.

FROM YOUR BOX

BASMATI RICE	300g
PINEAPPLE	225g
PORK STEAKS	600g
SESAME SEEDS	1 packet (40g)
SNOW PEAS	1 packet (150g)
RED CAPSICUM	1
CHIVES	1/2 bunch *

^{*} Ingredient also used in another recipe

FROM YOUR PANTRY

sesame oil (or other), salt, pepper, soy sauce, maple syrup (or honey), sweet chilli sauce

KEY UTENSILS

saucepan, large frypan

NOTES

Use the rice tub to quickly measure up $1.5\ x$ amount of water.

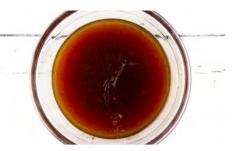
Reserve some chives or sesame seeds for garnish if you like.

No pork option - pork steaks are replaced with chicken schnitzels.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water (see notes). Cover with a lid, cook over low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. MAKE THE DRESSING

Whisk to combine 1/4 cup pineapple juice (reserve pineapple), 1 tbsp soy sauce, 1 tbsp sweet chilli sauce, 1 tbsp sesame oil and 1/2 tbsp maple syrup (or honey).



3. PREPARE & COOK THE PORK

Heat a frypan with **oil** over medium-high heat. Trim and cut pork steaks into nuggets of desired size. Season with **salt and pepper** then press into sesame seeds to coat. Cook in the frypan for 5-7 minutes or until golden and cooked through.



4. PREPARE THE VEGETABLES

In the meantime, trim and chop snow peas, dice capsicum and chop chives. Drain and roughly chop pineapple.



5. TOSS VEGETABLES WITH RICE

Once rice is tender, add prepared vegetables to rice along with **2 tbsp soy sauce** and <u>2 tbsp dressing</u>. Toss to combine well and adjust seasoning to taste.



6. FINISH AND PLATE

Serve pineapple rice with sesame pork nuggets and remaining dressing.



