



Product Spotlight: Pineapple

A pineapple is neither an apple nor a pine. It's actually a berry! You can grow a pineapple by slicing off the top and planting it in soil however it can take up to 2-3 years for a pineapple to mature.



Fresh Pineapple Pork Stir-Fry with Jasmine Rice

Stir-fried pork with chunks of red capsicum and sweet pineapple flavoured with red curry paste and lime, served over fluffy jasmine rice topped with a fresh cucumber salsa and fragrant Thai basil.

 30 minutes  4 servings  Pork

Make it a curry!

Add a tin of coconut milk to make it a simple pork and pineapple curry to serve over the jasmine rice.

Per serve: **PROTEIN** 39g **TOTAL FAT** 15g **CARBOHYDRATES** 138g

FROM YOUR BOX

JASMINE RICE	300g
FRESH PINEAPPLE	1
SPRING ONIONS	1 bunch
RED CAPSICUM	1
LIME	1
LEBANESE CUCUMBERS	2
PORK MINCE	500g
RED CURRY CURRY PASTE	1 jar
CASHEWS + SESAME SEEDS	100g
THAI BASIL	1 packet

FROM YOUR PANTRY

sesame oil, soy sauce

KEY UTENSILS

saucepan, large frypan

NOTES

We used 1/4 cup curry paste but you can use to taste and freeze any leftovers to use for another time!



1. COOK THE JASMINE RICE

Place rice in a saucepan, cover with **550ml water**. Bring to a boil. Cover with a lid and reduce to medium-low heat for 10–15 minutes. Remove from heat, uncover and stand for 5 minutes. Stir carefully with a fork.



2. PREPARE THE INGREDIENTS

Remove skin of the pineapple and cut 1/2 into bite-size chunks, removing the core in the middle. Slice spring onions, (reserve some green tops), red capsicum and zest 1/2 lime, keep separate.



3. MAKE THE SALSA

Finely dice remaining 1/2 pineapple and cucumbers (deseed if preferred). Thinly slice spring onion green tops (use to taste). Toss all together with juice from 1/2 lime. Set aside.



4. COOK THE PORK

Heat a large pan with **2 tbsp sesame oil** over high heat. Add pork mince and cook for 5 minutes, or until browned.



5. FINISH THE STIR-FRY

Add spring onions, capsicum and pineapple with 1/4 cup red curry paste and **1/2 cup water** to pan. Stir-fry for 5 minutes or until softened. Stir in cashew mix and reserved lime zest. Season with **soy sauce** to taste (we used 1/2 tbsp).



6. FINISH AND SERVE

Serve pork stir-fry with jasmine rice and remaining lime cut into wedges. Top with fresh pineapple salsa and thai basil leaves.



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