




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.



4 Pork Yakitori with Pickled Cucumber and Rice

Yakitori-style pork skewers served with brown rice, pickled cucumber and fresh Oriental slaw.

 35 minutes

 2 servings

 Pork

7 January 2022

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** 39g **TOTAL FAT** 20g **CARBOHYDRATES** 68g

FROM YOUR BOX

BROWN RICE	1 packet (150g)
LEBANESE CUCUMBER	1
GINGER	1 piece
PORK STEAKS	300g
SPRING ONIONS	4
ORIENTAL SLAW	1 bag (250g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce (or tamari), honey, white wine vinegar, skewers

KEY UTENSILS

saucepan, griddle pan or BBQ

NOTES

If you are using wooden skewers you can soak them in water if you wish as they can burn when cooked on the BBQ.

No pork option – pork steaks are replaced with diced chicken breast.



1. COOK THE RICE

See notes. Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 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 **1/3 cup soy sauce** and **2 tbsp honey**.



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 a griddle pan or BBQ over medium-high heat with **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.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

