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## Barbecued Teriyaki Pork

with Jasmine Rice and Miso Vegetables



20-30min



4 Portions

Ready in under 30 minutes, this Japanese-inspired recipe couldn't be easier. The tender marinated pork is quickly barbecued while the rice and veggies are cooking. The genius of this recipe is the miso-butter with the vegetables - if you've never tried veggies this way before, you're in for a treat! It adds a subtle sweetness that will appeal to everyone, especially the kids.

## What we send

- white miso paste <sup>6</sup>
- broccoli
- green beans
- carrot
- teriyaki sauce <sup>1,6,11</sup>
- free-range pork loin steak
- jasmine rice

## What you'll require

- butter <sup>7</sup>
- salt
- vegetable oil

## Utensils

- chargrill or frypan
- Colander
- foil
- large saucepan
- medium saucepan
- sieve

- Our veggies come straight from the farm, so please wash them before cooking.

## Cooking tip

If your kids don't like the broccoli stalks, remove them. However, they are as delicious as the florets and very nutritious.

## Allergens

Gluten (1), Soy (6), Milk (7), Sesame (11). May contain traces of other allergens.

## Nutrition per serving

Energy 600.0kcal, Fat 12.8g, Proteins 46.7g, Carbs 70.9g



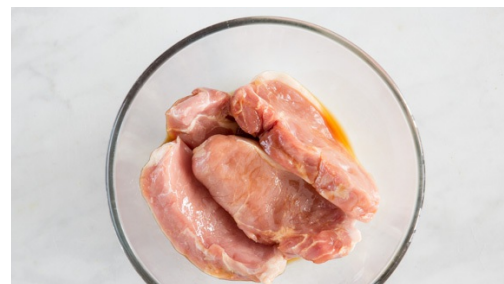
### 1. Cook rice

Rinse the **rice** well. Place in a medium saucepan with 320ml water, cover and bring to a simmer over medium heat. Reduce heat to low and cook for 12 mins or until tender and water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



### 4. Chargrill pork

Heat a barbecue or chargrill pan to medium-high heat and drizzle with 1 tbs **oil**. Cook the pork for 3 mins each side, adding the remaining **marinade** after turning (be careful not to overcook the pork or it will become dry). Set aside loosely covered with foil until ready to serve.



### 2. Marinate pork

Meanwhile, place the **pork steaks** in a medium bowl. Pour over the **teriyaki sauce** and turn to coat. Set aside for 5 mins to marinate.



### 5. Cook vegetables

Meanwhile, cook the **carrots** in the saucepan of boiling water for 2 mins. Add the **broccoli** and **beans** and cook for a further 2-3 mins until all vegetables are tender. Drain well.



### 3. Prepare ingredients

Meanwhile, cut the **carrots** into batons. Trim the ends of the **beans** and cut in half. Cut the **broccoli** into small florets, leaving some of the stalk attached (see cooking tip). Bring a large saucepan of salted water to the boil for the vegetables.



### 6. Get ready to serve

Add **miso paste** and 20g **butter** to the pan the veggies were cooked in. Heat over low heat and stir until mixture is smooth and combined. Toss the **vegetables** in the **miso butter**. Fluff up the **rice** with a fork. Divide the **rice**, **pork** and vegetables between plates and serve.