



MARLEY SPOON



Quick Pork Adobo with Brown Rice and Pineapple

 20-30min  2 Portions

Derived from the Spanish word for 'sauce', adobo is actually a Filipino dish that is traditionally made with chicken, soy sauce, vinegar and spices. Here, we've teamed the delicious sauce with pork and pineapple, making this sweet and salty dish an amazing combination of flavours.

What we send

- free-range pork loin steak
- spring onion
- pineapple
- silverbeet
- bay leaf
- garlic
- brown rice

What you'll require

- salt and pepper
- soy sauce ⁶
- vegetable oil
- white vinegar

Utensils

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

Allergens

Soy (6). May contain traces of other allergens.

Nutrition per serving

Energy 675.0kcal, Fat 18.1g, Proteins 49.7g, Carbs 70.5g



1. Cook rice

Rinse the **rice** in a sieve under running water then place in a medium saucepan with plenty of cold water. Season with **salt** then bring to the boil. Reduce heat and simmer over medium heat for 25 mins or until the rice is tender. Drain, set aside and keep warm.



4. Cook pork

Heat 1 tbs **oil** in same pan over medium-high heat. Cook the **pork** for 3-4 mins until browned. Turn and cook for 1 min to seal the underside. Remove from the pan and set aside.



2. Prepare ingredients

Meanwhile, cut the stalks away from the **silverbeet** leaves. Shred the leaves and finely chop the stalks. Finely chop 1 **garlic clove**. Thinly slice the **spring onion**. Peel the **pineapple** and discard the core. Cut into bite-sized pieces (you will need approx 100g of pineapple pieces).



5. Add aromatics

Reduce heat to medium and add remaining **whole garlic cloves, bay leaves, 2 tbs soy sauce, 2 tbs white vinegar** and season with **pepper**. Stir to scrape any bits off the base of the pan then return the **pork** with 80ml (1/3 cup) water. Cover with a lid and simmer over medium-low heat for 6 mins or until cooked. Remove pork again and set aside.



3. Stir-fry silverbeet

Heat 1 tbs **oil** in a large frypan over low heat. Stir-fry the chopped **garlic** for 1 min or until fragrant. Increase heat to medium and cook **silverbeet stalks** for 2 mins, then add **silverbeet leaves** and a pinch of **salt and pepper**. Stir-fry until wilted. Transfer to a bowl and cover with foil to keep warm.



6. Add pineapple

Add the **pineapple** to the frypan and simmer gently for a further 5 mins or until the sauce slightly thickens. Remove **bay leaves**. Spoon **rice** and stir-fried leaves onto warmed plates, then top with **adobo pork** and its juices. Garnish with **spring onion**.