

**Product Spotlight:
Sweet Potato Noodles**

Sweet potato noodles, also known as “glass noodles”, have a lovely chewy texture and become translucent when cooked.



Teriyaki Pork Steaks

with Japanese Slaw

Juicy teriyaki pork steaks served with a Japanese-style cabbage slaw tossed with edamame beans, sweet potato noodles and creamy sesame dressing.



25 minutes



4 servings



Pork

Switch it up!

Slice the pork steaks and thread onto skewers for cooking on the BBQ if preferred! Add some fried shallots for extra crunch.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	34g	56g

FROM YOUR BOX

	4 PERSON	6 PERSON
PORK STEAKS	600g	600g + 300g
TERIYAKI MARINADE	1 sachet	2 sachets
SWEET POTATO NOODLES	1 packet	2 packets
SPRING ONIONS	1 bunch	1 bunch
LEBANESE CUCUMBER	1	2
RED CAPSICUM	1	1
TINNED EDAMAME BEANS	2 x 125g	3 x 125g
COLESLAW	2 x 250g	2 x 250g
JAPANESE DRESSING	2 sachets	2 sachets
MIXED SESAME SEEDS	1 packet	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

saucepan, BBQ/griddle pan or frypan

NOTES

Use sesame oil for extra fragrance.

Deseed the cucumber if possible to remove any excess water in the Japanese slaw.



1. MARINATE THE PORK

Coat **pork steaks** with **teriyaki marinade** and **1/2 tbsp oil** (see notes). Set aside to marinate.

6P – use **1 1/2 sachets teriyaki marinade** and **1 tbsp oil**.



4. COOK THE PORK

Heat the BBQ or griddle pan over medium-high heat. Cook **pork steaks** for 3-4 minutes each side or until cooked through.



2. COOK THE NOODLES

Bring a saucepan of water to a boil. Add **noodles** and cook according to packet instructions or until tender. Drain and rinse well with cold water to stop the cooking process.

6P – Toss remaining **1/2 sachet marinade** through cooked noodles.



5. FINISH AND SERVE

Serve **pork steaks** with **Japanese slaw**. Garnish with **sesame seeds**.



3. PREPARE THE SLAW

Slice **spring onions**, **cucumber**, **capsicum** (see notes). Toss sliced **vegetables** with drained **edamame beans**, **coleslaw**, **cooked noodles**, and **Japanese dressing**. Season with **salt and pepper** to taste.



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