



Local Rhoots

LOCAL. SUSTAINABLE. MEALS.

Kalua Pork with Cilantro Lime Rice

Ingredients

Kalua Pork

Cascade Farms Pork Shoulder, Coconut Aminos, Honey, Salt, Pepper

Produce

Cilantro
Lime
Red Onion
Pineapple

Grocery Items

Jasmin Rice

Teriyaki Sauce

Coconut Aminos, Honey, Orange, Apple Cider Vinegar, Ginger, Garlic Cloves, Sesame Oil, Red Pepper Flakes, GF Flour

CAL 562

FAT 28g | CHO 49g | PRO 28g

Directions

Preheat BBQ on medium heat.

Cut red onion into 2" chunks. Skewer pork, pineapple and red onion. Drizzle lightly with olive oil.

Place skewers on the BBQ or grill pan and cook 8 minutes, turn, cook another 8 minutes and turn again until all sides have touched the grill and the pork is cooked through. Transfer to a plate, cover with foil and allow to rest 10 minutes.

Measure rice, pour into a pot with lid and add twice that amount of water to the pot. Bring to a boil, reduce to a low simmer, cover and set timer for 20 minutes. Remove from heat and let stand another 10 minutes.

Roughly chop cilantro and slice lime in half. Add cilantro and the juice of the lime to the rice and combine well.

Serve with rice topped with pork and drizzled with teriyaki sauce.