

PINEAPPLE PORK STIR-FRY

with Snow Peas and Bell Pepper over Jasmine Rice



HELLO **PINEAPPLE STIR-FRY**

The tropical fruit turns this dish into a fun and tasty spin on sweet-and-sour pork.



Chicken Stock Concentrates















Brown Sugar White Wine Vinegar

PREP: 10 MIN

TOTAL: 35 MIN

CALORIES: 670



Red Bell Pepper



Ginger



Cilantro



Ground Pork



Soy Sauce



Cornstarch

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START STRONG

This recipe has a wide array of flavors, some of which may be new to young eaters. Talk with your kids about the flavors they recognize and like; then introduce them to any that are unfamiliar.

BUST OUT

- Medium pot
- Peeler
- Strainer
- Large pan
- Small bowl
- Oil (4 tsp)

INGREDIENTS

Ingredient 4-person Chicken Stock Concentrates 2 Red Bell Pepper Scallions Ginger 1 Thumb Pineapple 12 07 Cilantro Jasmine Rice 1 Cup • Ground Pork 20 oz Snow Peas 4 oz Sov Sauce 4 TBSP Brown Sugar 1 TBSP Cornstarch 2 TBSP

HELLO WINE

1 TBSP



· White Wine Vinegar

PAIR WITH Le Coq Bleu IGP Côtes de Gascogne, 2015

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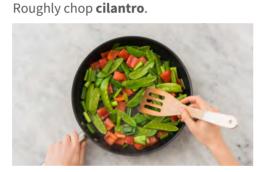




Wash and dry all produce. Bring

13/4 cups water, 1 stock concentrate,
and a pinch of salt to a boil in a medium
pot. Core and seed bell pepper, then
cut into 1-inch squares. Trim scallions,
then cut into 1-inch pieces. Peel ginger,
then mince or grate until you have 1

TBSP. Drain **pineapple**, reserving juice.



COOK VEGGIES
Heat another large drizzle of oil in same pan over medium-high heat. Add bell pepper, scallions, and snow peas.
Season with salt and pepper. Cook, tossing, until vegetables are tender but still have a little bite, about 5 minutes.
Remove from pan and set aside.



2 COOK RICE
Once stock is boiling, add rice to
pot. Give it a stir, reduce to a simmer, and
cover. Cook until tender, 15-20 minutes.
Remove from heat and keep covered.



In a small bowl, whisk together 1/2 cup water, reserved pineapple juice, soy sauce, remaining stock concentrate, brown sugar, cornstarch, and 1 TBSP vinegar (we sent more). Add to same pan and bring to a boil, then lower heat and let simmer until slightly thickened, 3-5 minutes.



BROWN PORK
Heat a large drizzle of oil in a
large pan over medium-high heat (use
a nonstick pan if you have one). Add
ginger and cook until fragrant, about 1
minute. Add pork, breaking up meat into
pieces. Season generously with salt and
pepper. Cook, tossing occasionally, until
browned and just cooked through, 4-6
minutes. Remove from pan and set aside.



Return pork and veggies to pan with sauce and toss to combine. Add pineapple and half the cilantro and stir until warmed through. Fluff rice with a fork, then season with salt and pepper. Divide between plates and top with stirfry. Sprinkle with remaining cilantro.

FRESH TALK-

What was your favorite thing that you did this summer?

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