



Sweet & Sour Pork

with Bulgur Wheat

CLASSIC 30 Minutes • 1 of your 5 a day



Vegetable Stock Powder



Bulgur Wheat



Garlic Clove



Red Pepper



Spring Onion



Pork Loin Steak



Cornflour



Rice Vinegar



Ketjap Manis

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Saucepan, Fine Grater (or Garlic Press), Mixing Bowl and Frying Pan.

Ingredients

	2P	3P	4P
Water for the Bulgur Wheat*	240ml	360ml	480ml
Vegetable Stock Powder 10	1 sachet	1½ sachets	2 sachets
Bulgur Wheat 13	120g	180g	240g
Garlic Clove**	1 clove	2 cloves	2 cloves
Red Pepper**	1	2	2
Spring Onion**	2	3	4
Pork Loin Steak**	2	3	4
Cornflour	½ pot	¾ pot	1 pot
Rice Vinegar	2 sachets	3 sachets	4 sachets
Ketjap Manis 11 13)	2 sachets	3 sachets	4 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	334g	100g
Energy (kJ/kcal)	2121 /507	635 /152
Fat (g)	6	2
Sat. Fat (g)	2	1
Carbohydrate (g)	74	22
Sugars (g)	21	6
Protein (g)	38	11
Salt (g)	1.87	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

10) Celery **11)** Soya **13)** Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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You can recycle me!



Packed in the UK



1. Cook the Bulgur Wheat

Pour the **water** for the bulgur wheat (see ingredients for amount) into a saucepan and bring to the boil. Stir in the **stock powder** and **bulgur wheat**. Stir to dissolve the **stock**, bring back up to the boil, simmer for 1 minute, then pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins, or until ready to serve.



4. Stir-Fry the Pork

Heat a splash of **oil** in a frying pan over high heat. Line a plate with some kitchen paper. When the pan is hot, add the **pork**. Stir-fry until browned all over, 4-5 mins. Transfer to the lined plate to absorb any excess oil. **TIP:** Cook the pork in batches to make sure the meat doesn't stew!



2. Prep the Veggies

Meanwhile, peel and grate the **garlic** (or use a garlic press). Halve the **pepper** and discard the core and seeds. Chop into 2cm pieces. Trim the **spring onions** then slice thinly. Keep the white and green parts separate.



5. Cook the Veggies

In a small bowl, mix the **rice vinegar** with a sprinkling of **sugar** (if you have some). Stir until the **sugar** has dissolved, then set aside. Wash the frying pan you used for the pork, add a splash of **oil** and put it on medium heat. Stir-fry the **pepper pieces** until golden, 4-5 mins. Add the **garlic** and the **whites of the spring onion**. Cook for another minute. Stir in the **vinegar mixture** and the **ketjap manis** and bring to a simmer.



3. Coat the Pork

Cut the **pork** into 2cm cubes. Sprinkle the **cornflour** into a mixing bowl and season with **salt** and **pepper**. Add the **pork** and toss to coat thoroughly. **IMPORTANT:** Wash your hands after handling raw meat!



6. Finish and Serve

Return the **pork** to the pan and stir thoroughly. Continue cooking until the **pork** is piping hot and cooked through, 2-3 mins. **IMPORTANT:** The pork is cooked when no longer pink in the middle. Taste and season with **salt** and **pepper** if needed and add a splash of **water** if the **sauce** is a bit thick. Serve the **sweet and sour pork** on top of the **bulgur wheat** and sprinkle over the **greens of the spring onion**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.