

## Hoisin Pork with Wholemeal Rice, Peppers & Sugar Snap Peas

With Jack Frost still thumping at the door we're giving you a seasonal boost! Brown rice is packed full of much needed fibre whilst chilli is the perfect way to preventing a cold. Combine that with immune boosting ginger and garlic and a whole array of vegetables and you've made the first bold step towards a 'sniffle' free winter!



30 min



level 2



spicy



Ingredients	2P	4P
Brown Rice	-	300 grams
Pork Fillet	-	500 grams
Red Onion	-	1/2
Garlic Cloves	-	2
Fresh Ginger	<del>-</del>	2 tbsp
Red Chilli	-	1
Yellow Pepper		2
Sugar Snap Peas	-	1 cup
Celery 2	-	2 sticks
Hoisin Sauce 134	-	5 tbsp
Lime	-	1
Fresh Coriander	-	small handful
Cornflour	_	2 tbsp

May feature in another recipe

Good to have at home

## Allergens

- 1) Gluten | 2) Celery
- 3) Soya | 4) Sesame

## **Nutrition per serving**

Calories: 736kcal, Protein: 39g, Carbs: 100g,

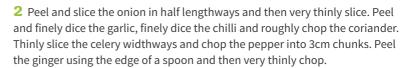
Fat: 20g, Saturated Fat: 6g

## Measuretool

0 cm 1 cm 2 cm

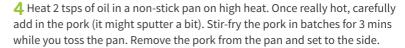


1 Bring a large pot of water to a rapid boil with ½ tsp of salt. Wash the rice under running water for 30 seconds (important step!). Boil the rice for 25 mins until soft enough to eat. Drain the rice and put it back in the pan off the heat and cover with a tea towel.





3 Chop the pork into 2cm chunks then dab it dry with some kitchen towel (if you have some). Toss the pork in the cornflour together with a pinch of salt and pepper.





- 5 Heat 1 tbsp of oil in the pan and add in the onion, garlic, chilli and ginger. After 1 minute, add the yellow pepper and cook for 2 mins.
- 6 Now add the sugar snap peas and the celery and cook for another minute. Add 2 tbsps of water and cover the pan. Leave to cook for another 2 mins.



**7** Squeeze the juice of half the lime into the hoisin sauce. Take the lid off the stir fry and add in the sauce together with the pork. Sprinkle over a couple of tbsps of chopped coriander. Toss everything together for a minute and then serve with the rice.