






Cooking Made Easy

HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on    You'll be entered into our weekly photo contest!

Sweet and Sour Pork with Herbed Bulgur Wheat

Bulgur wheat isn't the most frequent guest at the dinner table, so we've invited it to join the party for this recipe! High in fibre and protein and low on the glycemic index, it's a great source of nutrition and, more importantly, it tastes great. Bulgur wheat is eaten a lot in the Middle East and South Asia where people have been enjoying it for thousands of years. We've teamed it up with a fantastic sweet and sour pork for a recipe which is as delicious as it is easy.



30 min



lactose free



family box



Vegetable Stock Pot (1)



Bulgur Wheat (1 1/2 cups)



Garlic Clove (3)



Red Pepper (1)



Yellow Pepper (1)



Spring Onion (5)



Pork Fillet (2)



Cornflour (2 tbsp)



Chinese Rice Vinegar (2 tbsp)



Soy Sauce (3 tbsp)

Ingredients

	2P	4P
Vegetable Stock Pot 1	-	1
Bulgur Wheat 2	-	1½ cups
Garlic Clove, diced	-	3
Red Pepper, chopped	-	1
Yellow Pepper, chopped	-	1
Spring Onion, sliced	-	6
Pork Fillet	-	1
Cornflour	-	2 tbsp
Chinese Rice Vinegar	-	2 tbsp
Sweet Soy Sauce 2, 3	-	3 tbsp

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Celery | 2) Gluten
3) Soya

Nutrition per serving: Calories: 582 kcal | Protein: 43 g | Carbs: 78 g | Fat: 10 g | Saturated Fat: 3 g

2



1 Bring 600ml of water to the boil with the vegetable stock pot. Pour in the bulgur wheat, place a lid on the saucepan and rest off the heat for 25 mins, or until the water has completely soaked into the wheat.

3



2 Meanwhile, peel and dice the garlic. Remove the core from the peppers and chop into bite-sized pieces. Thinly slice the spring onions, separating the white and green parts.

4



3 Cut the pork into bite-sized cubes and season with a pinch of salt and pepper. **LH:** Spread the cornflour on a plate and coat the pork thoroughly on all sides.

6



4 Turn the hob to high and heat 2 tbsp of oil in a pan. Line a large plate with kitchen paper. When the pan is hot, add half the pork and fry until brown (about 4 mins). Transfer the pork to the lined plate to drain then fry the remainder.

5 **LH:** In a small bowl, mix the vinegar with 4 tbsp of sugar (if you have some). Stir it until the sugar has dissolved then set aside.

6 Rinse the frying pan used for the pork then put on medium-high heat. Add 2 tbsp of oil and cook the whites of the spring onion and the garlic for one minute. Add the pepper chunks and cook for 4 mins. Add the soy sauce and the vinegar mixture and bring to a simmer.

7 Return the pork to the pan and mix thoroughly. Continue cooking for a couple of minutes. Season with salt and pepper, if needed.

8 Serve the pork with the bulgur wheat on the side. Sprinkle with the green parts of the spring onions and serve!