







More Than Food
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Cajun Pork with Bulgur Wheat and Garlicky Spring Greens

Making bulgur from wheat is one of the oldest food processes in the world - some say it's over 4000 years old. When something's been around for that long, you know it must be pretty solid. Add that to rich, deep Cajun pork and some simple garlicky Spring Greens and you've got yourself a bit of a feast!

 30 mins

 spicy

 healthy



Cajun Spice (½ tbsp)



Honey (1 tbsp)



Pork Medallion (2)



Water (250ml)



Chicken Stock Pot (½)



Bulgur Wheat
(110g)



Spring Greens
(½ pack)



Echalion Shallot (1)




Garlic Clove (1)



Tomato Passata
(1 carton)

2 PEOPLE INGREDIENTS

- Cajun Spice **½ tbsp**
- Honey **1 tbsp**
- Pork Medallion **2**
- Water **250ml**
- Chicken Stock Pot **½**
- Bulgur Wheat **110g**
- Spring Greens, sliced **½ pack**
- Echalion Shallot, chopped **1**
- Garlic Clove, grated **1**
- Tomato Passata **1 carton**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

A honey bee visits 50-100 flowers during a nectar collection excursion.

Allergens: Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	578 kcal / 2432 kJ	20 g	7 g	56 g	16 g	41 g	3 g
Per 100g	135 kcal / 569 kJ	5 g	2 g	13 g	4 g	10 g	1 g

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

3



1 Stir together the **cajun spice**, **honey** and a glug of **oil** in a large bowl. Once mixed, add in the **pork** and mix around with your hands, to make sure it has a good coating of the **marinade**.

4



2 Pre-heat your oven to 180 degrees. Put a pot of **water** (the amount specified in the ingredient table above) on to boil with the **stock pot** and once boiling add in the **bulgur wheat**. Bring back to the boil, then put a lid on the pot, take off the heat and leave to the side until everything else is ready. **Tip:** *The bulgur will absorb the stock while you cook everything else!*

5



3 Cut the **spring greens** in half lengthways, remove the tough root, then slice into roughly 1cm slices. Cut the **shallot** in half through the root, peel and chop into roughly ½cm pieces. Peel and grate the **garlic**.

4 Put a frying pan on medium heat and add in your **pork medallions** (leave your leftover marinade in the bowl for later). Cook for 2-3 mins on each side until browned, then transfer your **pork** to a baking tray. Cover with tinfoil and pop in your oven to cook for 5 more mins. Once the 5 mins are up, take the **pork** out of your oven and leave to rest until you've finished cooking everything else. **Tip:** *The pork is cooked when no longer pink in the middle.*

6



5 Once your **pork** has been transferred to your oven, add any remaining marinade to your pan. If you don't have any marinade left, just add a drizzle of **oil**. Put the pan on medium heat and add in your **shallot**. Cook for 4-5 mins, then add the **passata** along with a good pinch of **salt**, a good grind of **pepper** and a pinch of **sugar** (if you have some). Bring to a gentle bubble and simmer for 3-4 mins until slightly thickened, then take off the heat. **Tip:** *The marinade shouldn't overpower your sauce, it will just add to the flavour.*

6 Meanwhile, add a glug of **oil** to another frying pan and add in your sliced **spring greens** along with a pinch of **salt** and a good grind of **pepper**. Cook for 4-5 mins until wilted, then add in your **garlic** and cook for another minute.

7 When everything is ready, fluff up your **bulgur wheat** with a fork and serve in bowls. Slice your **pork medallions** into roughly 2cm slices and serve on top with your **spring greens** on the side. Drizzle over your **tomato sauce** and any juices in the baking tray and devour!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!