







More Than Food
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Hoisin Pork Stir-Fry with Yellow Peppers, Sugar Snap Peas and Brown Rice

So January has already passed and how many of those healthy resolutions have stuck? Well, let us help you back on that horse with this nourishing and tasty meal! Brown rice is packed full of fibre, whilst chilli will give your metabolism the jump start it needs. Combine that with immune boosting ginger and garlic and an array of vegetables and you've got a nutritional powerhouse! Enjoy!

 30 mins

 2.5 of your 5 a day

 spicy

 family box

 mealkit



Brown Basmati Rice (300g)



Red Onion (1)



Garlic Clove (3)



Red Chilli (1)



Coriander (1 bunch)



Celery (1 stick)



Yellow Pepper (1)



Ginger (2)



Pork Medallion (4)



Cornflour (2½ tbsp)



Sugar Snap Peas (1 pack)




Lime (1)



Hoisin Sauce (5 tbsp)

4 PEOPLE INGREDIENTS

- Brown Basmati Rice **300g**
- Red Onion, sliced **1**
- Garlic Clove, grated **3**
- Red Chilli, chopped **1**
- Coriander, chopped **1 bunch**
- Celery, sliced **1 stick**
- Yellow Pepper, chopped **1**
- Ginger, grated **2**
- Pork Medallion **4**
- Cornflour **2½ tbsp**
- Sugar Snap Peas **1 pack**
- Lime **1**
- Hoisin Sauce **5 tbsp**

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

Did you know...

Hoisin sauce is the Chinese equivalent of BBQ sauce, it is usually made with garlic, chillies, spices and vinegar and is traditionally used to flavour meat dishes.

Hoisin Sauce: Sugar and Cane Molasses (39%), Water, Yellow Bean Sauce (17%) (Fermented Salted Soybean (Soybean, Wheat Flour, Salt, Water) Soy Sauce (Water, Soybean, Salt, Wheat Flour), Sugar, Water, Colour: Caramel), Soy Sauce (8%) (Water, Salt, Colour: Caramel, Sugar, Soybean, Wheat Flour), Red Wine Vinegar, Black Treacle, Thickener: Modified Maize Starch, Rapeseed Oil, Red Chilli Purée (Red Chilli, White Wine Vinegar, Sunflower Oil, Sea Salt, Stabiliser: Guar Gum), Garlic Powder, Spices.

Allergens: Soya, Gluten, Celery.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	537 kcal / 2276 kJ	9 g	2 g	72 g	11 g	47 g	1 g
Per 100g	98 kcal / 415 kJ	2 g	0 g	13 g	2 g	9 g	0 g



1 Bring a large pot of water to a rapid boil with a pinch of **salt**. Wash the **rice** under running water for 30 seconds (important step!). Add your **rice** to the pot and cook for 10 mins on the heat, then remove from the heat with the lid on for 10 mins.



2 Cut the **red onion** in half through the root, peel and thinly slice into half moon shapes. Peel and grate the **garlic** (or use a garlic press if you have one). Finely chop the **red chilli** and roughly chop the **coriander**. Thinly slice the **celery** widthways. Remove the core from the **yellow pepper** and chop into 3cm chunks. Peel the **ginger** using the edge of a spoon and grate.



3 Cut the **pork** into 2cm chunks, then dab it dry with kitchen paper (if you have some). Toss your **pork** in the **cornflour** together with a pinch of **salt** and **black pepper**.



4 Heat a splash of **oil** in a non-stick frying pan on high heat. Once really hot, carefully add your **pork** (it might sputter a bit). Stir-fry your **pork** for 3 mins. Remove your **pork** from the pan and cover in tinfoil to keep warm. **Tip:** *The pork is cooked when it is no longer pink in the middle.*



5 Heat a splash of **oil** to the now empty pan and add your **onion, garlic, chilli** and **ginger**. After 1 minute, add your **pepper** and cook for 2 mins more. Add the **sugar snap peas** and your **celery** and cook for 1 minute. Add a splash of **water**, cover the pan and cook for another 2 mins.



6 Squeeze a good splash of **lime juice** into the **hoisin sauce**. Take the lid off your **veggies** and add your **hoisin sauce** together with your **pork**. Toss everything together for 1 minute and then serve your **stir-fry** with your **brown rice** on the side and your **coriander** sprinkled over.

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