



STICKY PORK

with Red & Yellow Peppers & Basmati Rice



HELLO KETJAP MANIS

It is believed that tomato ketchup was named after this sweet Indonesian soy sauce.



Vegetable Stock Powder



Basmati Rice



Garlic Clove



Red Pepper



Yellow Pepper



Spring Onion



Pork Loin Steak



Cornflour



Rice Vinegar



Ketjap Manis

MEAL BAG



Hands on: **20** mins
Total: **30** mins



2 of your
5 a day



Family Box

18

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug**, **Large Saucepan** (with a **Lid**), **Fine Grater** (or **Garlic Press**), **Mixing Bowl**, **Frying Pan** and some **Kitchen Paper**. Now, let's get cooking!



1 COOK THE RICE

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



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 **half** the **pork**. Stir-fry until browned, 4 mins. Transfer to the lined plate to absorb any excess oil. Add a little more **oil** to the pan and fry the remaining **pork** in the same way. ★ **TIP:** *Stir-frying the pork in batches means it gets crispy and doesn't stew.*



2 PREP THE VEGGIES

Meanwhile, peel and grate the **garlic** (or use a garlic press). Halve the **peppers** and discard the core and seeds. Chop into small pieces. Trim the **spring onions** and thinly slice.



5 COOK THE VEGGIES

In a small bowl, mix the **rice vinegar** and **ketjap manis** with a pinch of **sugar** (if you have some), 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 **peppers** for 4 mins. Add the **garlic** and **half** the **spring onion**. Cook for another minute. Stir in the **vinegar mixture** and bring to a simmer.



3 COAT THE PORK

Chop the **pork** into bite-sized chunks. Put the **cornflour** in a mixing bowl and add a generous pinch of **salt** and **pepper**. Add the **pork** and toss to coat thoroughly. **! IMPORTANT:** *Remember to wash your hands and equipment 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 it is no longer pink in the middle. Taste and season with more **salt** and **pepper** if needed. Serve the **sweet and sour pork** on top of the **couscous** and sprinkle over the remaining **spring onion**. **Enjoy!***

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water*	300ml	450ml	600ml
Vegetable Stock Powder 10)	½ pot	¾ pot	1 pot
Basmati Rice	150g	225g	300g
Garlic Clove	1	2	2
Red Pepper	1	1½	2
Yellow Pepper	½	1	1
Spring Onion	2	3	4
Pork Loin Steak	2	3	4
Cornflour	½ pot	¾ pot	1 pot
Rice Vinegar	1 sachet	1½ sachets	2 sachets
Ketjap Manis 11) 13)	1 sachet	1½ sachets	2 sachets

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 516G	PER 100G
Energy (kcal)	580	112
(kJ)	2427	471
Fat (g)	14	3
Sat. Fat (g)	5	1
Carbohydrate (g)	74	14
Sugars (g)	17	3
Protein (g)	38	7
Salt (g)	1.02	0.20

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

THUMBS UP OR THUMBS DOWN?

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