



SWEET AND SOUR PORK

with Rice



HELLO PINEAPPLE

A Pineapple fruit is actually a bunch of 'fruitlets' fused together!



Red Pepper



Pineapple



Diced Pork



Cornflour



Mangetout



Sweet & Sour Paste



Sweet & Sour Garnish



Rice Vinegar



Steamed Basmati Rice

Ditch the takeaway for the real deal with this deliciously simple recipe that'll be on the table quicker than you can ask "what's for dinner?" Bright, light and packed with good-for you ingredients, we've added in sweet pineapple to give this dish a juicy kick of fresh flavour. When food this good is ready in double quick time, you know you've found a winner!

20 mins

2.5 of your 5 a day

Rapid recipe

GET PREPARED!

Get your **Utensils** ready.

BEFORE YOU START

- 🔧 Get your **Utensils** ready.
 - 🧼 **Wash** the veggies.
 - 🍴 Make sure you've got a **Large Frying Pan** and **Measuring Jug**.
- Let's start cooking the **Sweet and Sour Pork with Rice**.



1 PREP TIME!

- Halve the **red pepper**, discard the core, slice thinly.
- Drain the **pineapple**, reserving the **juice**.
- Chop the **pineapple** into small chunks.



4 COOK THE RICE

- A few minutes before you are ready to serve, squeeze the **rice pouch**, tear off the strip and microwave at 800W for 2 mins (or stir-fry the rice for 3 mins in a dry frying pan over a medium-high heat).



2 START THE STIR-FRY

- Heat a splash of **oil** in a large frying pan or wok over medium-high heat.
- Add the **diced pork** and stir-fry until browned all over, 3-4 mins.
- Sprinkle over the **cornflour**.
- Add the **pepper** and stir-fry until softened, 2-3 mins. **★ TIP:** Add a splash more oil if the pan is dry.



5 FINISH OFF

- Taste the **sweet and sour pork** for seasoning and add some **salt** and **pepper** if necessary.



3 SIMMER THE STIR-FRY

- Add the **mangetout** and **pineapple chunks**, stir to combine.
- Stir in the **sweet and sour paste**, **sweet and sour garnish**, **rice vinegar**, 2 tbs **pineapple juice** per person and the **water** (see ingredients for amount).
- Simmer until the sauce is thick and glossy and the **pork** is cooked through, 3-4 mins. **⚠ IMPORTANT:** The pork is cooked when it is no longer pink in the middle.



6 SERVE

- Serve the **rice** in bowls topped with the **sweet and sour pork**.

ENJOY!

2 PEOPLE INGREDIENTS

Red Pepper, sliced	1
Pineapple, chopped	1 tin
Diced Pork	280g
Cornflour	1 tbs
Mangetout	1 pack
Sweet & Sour Paste ¹⁴⁾	50g
Sweet & Sour Garnish	10g
Rice Vinegar	2 tbs
Water*	70ml
Steamed Basmati Rice	250g

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 555G	PER 100G
Energy (kcal)	632	114
(kJ)	2644	477
Fat (g)	8	2
Sat. Fat (g)	3	0
Carbohydrate (g)	80	14
Sugars (g)	30	5
Protein (g)	60	11
Salt (g)	1.45	0.26

ALLERGENS

¹⁴⁾ Sulphites

Sweet & Sour Paste: Sugar, Glucose syrup, White Wine Vinegar (**Sulphites**), Pineapple Juice Concentrate, Tomato Puree, Salt, Red Pepper Juice, Dried Garlic, Dried Onion, Modified Maize Starch, Green Bell Peppers, Colour (Paprika Extract), Stabiliser (Modified Cellulose E464), Ground Ginger, Flavouring.

Sweet & Sour Garnish: Red Bell Pepper, Kibbled Onion, Tomato Flakes, Chive Flakes.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between use.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

You made this, now show it off! Share your creations with us:

📷 🐦 📘 📺 #HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

Packed in the UK

HelloFRESH