



SWEET & SOUR PORK

with Bulgur Wheat



HELLO KETJAP MANIS

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



Water



Vegetable Stock Pot



Bulgur Wheat



Garlic Clove



Red Pepper



Yellow Pepper



Spring Onion



Pork Loin Steak



Cornflour



Rice Vinegar



Ketjap Manis

MEAL BAG

30 mins

2 of your 5 a day

Bulgur wheat is eaten a lot in the Middle East and South Asia but for tonight's dinner we've teamed it with sweet and sour pork, which you might normally expect to find with rice. Try it - we think you'll love the change!

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 BULGUR

Boil the **water** (amount specified in the ingredient list) in a large saucepan over high heat. Add the **vegetable stock pot**, stir to dissolve then add the **bulgur wheat**. Cover with a lid, remove from the heat and leave for 10-15 mins, or until the water has completely soaked into the wheat. **★ TIP:** *If the bulgur is ready before everything else, don't worry, it will wait!*



2 PREP THE VEGGIES

Meanwhile, peel and grate the **garlic** (or use a garlic press). Halve, then remove the cores from the **peppers** and chop into bite-sized chunks. Remove the root from the **spring onion** and thinly slice, separating the **white** and **green** parts.



3 COAT THE PORK

Cut the **pork** into bite-sized cubes. Sprinkle the **cornflour** into a mixing bowl and add a generous pinch of **salt** and a good grind of **black pepper**. Add the **pork** and toss to coat thoroughly. **★ TIP:** *Remember to wash your hands after handling raw meat!*



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.*



5 COOK THE VEGGIES

In a small bowl, mix the **rice vinegar** with a sprinkling of **sugar** (if you have some). Stir until the **sugar** has dissolved and 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 the **whites** of the **spring onion**. Cook for another minute. Stir in the **vinegar mixture** and the **ketjap manis** and bring to a simmer.



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. **★ TIP:** *The pork is cooked when it is no longer pink in the middle.* Taste and season with more **salt** and **black pepper** if needed. Serve the **sweet and sour pork** alongside the **bulgur wheat** and sprinkle over the **greens** of the **spring onion**. **Enjoy!**

2 PEOPLE INGREDIENTS

Water*	300ml
Vegetable Stock Pot 10) 14)	½
Bulgur Wheat 13)	150g
Garlic Clove, grated	1
Red Pepper, chopped	1
Yellow Pepper, chopped	½
Spring Onion, sliced	3
Pork Loin Steak, cubed	2
Cornflour	1 tbsp
Rice Vinegar	1 tbsp
Ketjap Manis 11) 13)	1½ tbsp

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	597	149
(kJ)	2497	624
Fat (g)	14	4
Sat. Fat (g)	5	1
Carbohydrate (g)	79	20
Sugars (g)	17	4
Protein (g)	38	9
Salt (g)	1.85	0.46

ALLERGENS

10) Celery 11) Soya 13) Gluten 14) Sulphites

Vegetable Stock Pot: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [contains **sulphites**], Stabiliser [Tara Gum], **Celery Salt**, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

Ketjap Manis: Brown Sugar, Dark Soy Sauce (**Soya**, **Gluten**), Water, Molasses, Tapioca Starch, Garlic Puree, Ginger Puree, Preservative: Potassium Sorbate, Anise Star.

👍 THUMBS UP OR THUMBS DOWN?

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