



Sweet & Sour Pork

with Cracked Bulgur Wheat



HELLO KETJAP MANIS

This sweet Indonesian soy sauce is thought to be where modern ketchup got its name from.



Water



Vegetable Stock Pot



Bulgur Wheat



Garlic Clove



Red Pepper



Yellow Pepper



Spring Onion



Pork Loin Steak



Cornflour



Chinese Rice Vinegar



Ketjap Manis

30 mins

2 of your 5 a day

Bulgur wheat is high in fibre and a good source of protein. Most importantly, it tastes great! It's 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**), **Frying Pan** and some **Kitchen Paper**. Now, let's get cooking!



1 COOK THE BULGUR

Put the **water** (amount specified in the ingredient list) in a large saucepan with the **vegetable stock pot** and bring to the boil. Stir to make sure the **stock pot** has dissolved. Take the pan off the heat and pour in the **bulgur wheat**. Pop on a lid and let it rest until the wheat has completely absorbed the liquid, 15 mins.



2 PREP THE VEGGIES

Meanwhile, peel and grate the **garlic** (or use a garlic press). Halve, then remove the core from the **peppers**. 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. Remember to wash your hands afterwards! Sprinkle the **cornflour** onto a plate and season with a generous pinch of **salt** and a good grind of **black pepper**. Add the **pork** and toss to coat thoroughly.



4 FRY THE PORK

Put a splash of **oil** in a frying pan over high heat. Line a plate with 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**, then add a little more **oil** to the pan and fry the remaining **pork** in the same way. **★ TIP:** *Frying the pork in batches means it gets crisp and doesn't stew.*



5 COOK THE VEGGIES

In a small bowl, mix the **Chinese rice vinegar** with a sprinkle of **sugar** (if you have some). Stir until the sugar has dissolved and set aside. Wash the frying pan you used for the **pork**, add another 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. Add 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 for 2-3 mins. Taste and season with more **salt** and **black pepper** if needed. **★ TIP:** *The pork is cooked when it is no longer pink in the middle. Serve the **sweet and sour pork** on top of the **bulgur wheat**. Sprinkle over the **greens** of the **spring onion** and **enjoy!***

4 PEOPLE INGREDIENTS

Water*	600ml
Vegetable Stock Pot 9) 12)	1
Bulgur Wheat 1)	300g
Garlic Clove, grated	2
Red Pepper, chopped	2
Yellow Pepper, chopped	1
Spring Onion, sliced	3
Pork Loin Steak, cubed	4
Cornflour	2 tbsp
Chinese Rice Vinegar	2 tbsp
Ketjap Manis 1) 6)	4 tbsp

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	621	152
(kJ)	2603	638
Fat (g)	14	4
Sat. Fat (g)	5	1
Carbohydrate (g)	85	21
Sugars (g)	18	5
Protein (g)	38	9
Salt (g)	1.94	0.48

ALLERGENS

1)Gluten 6)Soya 9)Celery 12)Sulphites

Vegetable Stock Pot Ingredients: 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 ingredient: 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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