



Sweet & Sticky Pork

with Green Beans, Bulgur Wheat and Spring Onion

Calorie Smart Eat Me Early • 25–30 Minutes • Mild Spice • Under 650 Calories

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Vegetable Stock Paste



Bulgur Wheat



Garlic Clove



Green Beans



Spring Onion



Pork Steak



Cornflour



Rice Vinegar



Ketjap Manis

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, lid, garlic press, mixing bowl, frying pan, kitchen paper and bowl.

Ingredients

	2P	3P	4P
Water for the Bulgur*	240ml	360ml	480ml
Vegetable Stock Paste 10)	10g	15g	20g
Bulgur Wheat 13)	120g	180g	240g
Garlic Clove**	1	2	2
Green Beans**	150g	200g	300g
Spring Onion**	2	3	4
Pork Steak**	2	3	4
Cornflour	10g	15g	20g
Rice Vinegar	2 sachets	3 sachets	4 sachets
Ketjap Manis 11)	2 sachets	3 sachets	4 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	328g	100g
Energy (kJ/kcal)	2113 / 505	645 / 154
Fat (g)	7.2	2.2
Sat. Fat (g)	2.2	0.7
Carbohydrate (g)	74.3	22.7
Sugars (g)	17.8	5.4
Protein (g)	38.2	11.7
Salt (g)	2.88	0.88

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

10) Celery 11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Cook the Bulgur Wheat

Pour the **water for the bulgur wheat** (see ingredients for amount) into a large saucepan, stir in the **veg stock paste** and bring to the boil.

Stir in the **bulgur**, bring back up to the boil and simmer for 1 min. Pop a lid on the pan and remove from the heat.

Leave to the side for 12-15 mins or until ready to serve.



Get Frying

Heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **pork** and stir-fry until browned all over, 4-5 mins. **TIP:** Cook in batches if necessary - you want the pork to fry, not stew.

Meanwhile, line a plate with kitchen paper. Once the **pork** is browned, transfer to the plate to drain.



Get Prepped

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Trim the **green beans** and chop into 2cm pieces.

Trim and thinly slice the **spring onions**. Keep the **white** and **green** parts separate.



Bring on the Veg

In a small bowl, mix the **rice vinegar** with a pinch of **sugar** (if you have any), then set aside.

Wipe out the (now empty) frying pan and return to medium heat with a drizzle of **oil**.

Once hot, add the **green beans** and stir-fry until softened, 4-5 mins.

Add the **garlic** and the **whites** of the **spring onions**, then cook for 1 min more. Stir in the **vinegar mixture** and **ketjap manis**, then bring to a simmer.



Coat the Pork

Cut the **pork** into 2cm chunks.

Sprinkle the **cornflour** into a mixing bowl and season with **salt** and **pepper**. Add the **pork** and toss to coat thoroughly. **IMPORTANT:** Wash your hands and equipment after handling raw meat.



Finish and Serve

Return the **pork** to the pan and stir to coat well. Cook until piping hot and cooked through, 2-3 mins. **IMPORTANT:** The pork is cooked when no longer pink in the middle.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if the **sauce** is a little thick.

When ready, fluff up the **bulgur wheat** with a fork and spoon into your bowls. Top with the **sticky pork** and sprinkle over the **greens** of the **spring onion** to finish.

Enjoy!

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9-13

