



Sweet & Sticky Pork

with Pepper, Bulgur Wheat and Spring Onion

Calorie Smart 25-30 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories

26



Vegetable Stock Paste



Bulgur Wheat



Garlic Clove



Bell Pepper



Spring Onion



Pork Steak



Cornflour



Rice Vinegar



Ketjap Manis

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Vegetable Stock Paste 10)	10g	15g	20g
Bulgur Wheat 13)	120g	180g	240g
Garlic Clove**	1	2	2
Bell Pepper***	1	1½	2
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

Pantry	2P	3P	4P
Water for the Bulgur*	240ml	360ml	480ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	338g	100g
Energy (kJ/kcal)	2126 / 508	629 / 150
Fat (g)	7.2	2.1
Sat. Fat (g)	2.2	0.6
Carbohydrate (g)	77.2	22.9
Sugars (g)	19.7	5.8
Protein (g)	37.5	11.1
Salt (g)	2.89	0.86

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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1



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.

2



Get Prepped

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

Halve the **pepper** and discard the core and seeds. Chop into 2cm pieces.

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

3



Coat the Pork

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

Sprinkle the **cornflour** into a bowl and season with **salt** and **pepper**, then mix well.

Add the **pork** and toss to coat thoroughly.

IMPORTANT: Wash your hands and equipment after handling raw meat.

4



Get Frying

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

When hot, add the **pork** and stir-fry for 2-3 mins. Reduce the heat to medium and stir-fry until browned all over and cooked through, another 4-6 mins. **IMPORTANT:** The pork is cooked when no longer pink in the middle.

Once cooked, transfer the **pork** to a plate lined with kitchen paper to absorb any excess fat.

5



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 **pepper** and stir-fry until golden, 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.

6



Finish and Serve

Return the **pork** to the pan and stir to coat well in the **sauce**. Cook until piping hot, 2-3 mins.

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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