






More Than Food

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## Sweet and Sour Pork with Bulgur Wheat

Bulgur wheat isn't the most frequent guest at the dinner table, so we've invited it to join the party for this recipe! High in fibre and protein and low on the glycemic index, it's a great source of nutrition and, more importantly, it tastes great. Bulgur wheat is eaten a lot in the Middle East and South Asia where people have been enjoying it for thousands of years. We've teamed it up with a fantastic sweet and sour pork for a recipe which is as delicious as it is easy.



30 mins



lactose free



healthy



Vegetable Stock Pot  
(1/2)



Bulgur Wheat  
(3/4 cup)



Garlic Clove (2)



Green Pepper (1)



Yellow Pepper  
(1/2)



Spring Onion (2)



Pork Fillet (225g)



Cornflour (1 tbsp)




Chinese Rice Vinegar  
(1 tbsp)



Sweet Soy Sauce  
(1 1/2 tbsp)

## Ingredients

	2 PEOPLE	ALLERGENS
Vegetable Stock Pot	½	Celery
Bulgur Wheat	¾ cup	Gluten
Garlic Clove, diced	2	
Green Pepper, chopped	1	
Yellow Pepper, chopped	½	
Spring Onion, sliced	2	
Pork Fillet	225g	
Cornflour	1 tbsp	
Chinese Rice Vinegar	1 tbsp	Sulphites
Sweet Soy Sauce	1½ tbsp	Gluten, Soya

 Our fruit and veggies come straight from the farm so give them a little wash before using

### Did you know...

Green peppers, yellow peppers and red peppers are all the same. Green peppers are just picked first!

**Nutrition per serving:** Calories: 582 kcal | Protein: 43 g | Carbs: 78 g | Fat: 10 g | Saturated Fat: 3 g

2



**1** Bring 300ml of water to a boil in a pot with half the vegetable stock pot. Pour in the bulgur wheat, place a lid on the pot and rest off the heat for 25 mins, or until the water has completely soaked into the wheat.

3



**2** Meanwhile, peel and dice the garlic. Remove the core from the peppers and chop into bite-sized pieces. Thinly slice the spring onions, separating the white and green parts.

4



**3** Cut the pork into bite-sized cubes and season with a pinch of salt and pepper. Spread the cornflour on a plate and coat the pork thoroughly on all sides.

6



**4** Turn the hob to high and heat 1 tbsp of oil in a frying pan. Line a large plate with kitchen paper. When the pan is hot, add half the pork and fry until brown (about 4 mins). Transfer the pork to the lined plate to drain the oil, then fry the remainder.

**5** In a small bowl, mix the vinegar with 1 tbsp of sugar (if you have some). Stir it until the sugar has dissolved then set aside.

**6** Rinse the frying pan used for the pork then put on medium-high heat. Add 1 tbsp of oil and cook the garlic and the whites of the spring onions for one minute. Add the pepper chunks and cook for 4 mins. Add the soy sauce and the vinegar mixture and bring to a simmer.

**7** Return the pork to the pan and stir thoroughly. Continue cooking for 2-3 mins. Season with salt and pepper, if needed.

**8** Serve the pork with the bulgur wheat on the side. Sprinkle with the green parts of the spring onions and serve!