



# Sweet & Sticky Pork and Pepper Stir-Fry with Pepper, Bulgur Wheat and Spring Onion

Family 25-30 Minutes • Mild Spice • 1 of your 5 a day

50



-  Chicken Stock Paste
-  Bulgur Wheat
-  Garlic Clove
-  Bell Pepper
-  Onion
-  Spring Onion
-  British Pork Loin Steaks
-  Cornflour
-  Rice Vinegar
-  Ketjap Manis

**Pantry Items**  
Oil, Salt, Pepper, Tomato Ketchup, Sugar



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

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

## Ingredients

Ingredients	2P	3P	4P
Chicken Stock Paste	10g	15g	20g
Bulgur Wheat <b>13</b>	120g	180g	240g
Garlic Clove**	1	2	2
Bell Pepper***	1	1½	2
Onion	1	1½	2
Spring Onion**	1	1½	2
British Pork Loin Steaks**	2	3	4
Cornflour	10g	15g	20g
Rice Vinegar	30ml	44ml	66ml
Ketjap Manis <b>11</b>	50g	75g	100g

Pantry	2P	3P	4P
Water for the Bulgur*	220ml	330ml	440ml
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml

\*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

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>535g</b>	<b>100g</b>
Energy (kJ/kcal)	2307 /551	431 /103
Fat (g)	7.2	1.3
Sat. Fat (g)	2.2	0.4
Carbohydrate (g)	87.2	16.3
Sugars (g)	28.9	5.4
Protein (g)	38.4	7.2
Salt (g)	3.53	0.66

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking. HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

## Contact

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## Cook the Bulgur Wheat

Pour the **water for the bulgur** (see pantry for amount) into a large saucepan, stir in the **chicken 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 medium-high heat.

Once 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, an additional 4-6 mins.

**IMPORTANT:** *The pork is cooked when no longer pink in the middle.*

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

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

Once hot, add the **pepper** and **onion chunks** and stir-fry until golden, 4-5 mins.



## Get Prepped

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

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

Halve, peel and chop the **onion** into 2cm chunks.

Trim and thinly slice the **spring onion**.



## Bring on the Veg

Add the **pork** back into the pan along with the **garlic** and stir-fry, 1 min more.

Stir the **rice vinegar**, **ketjap manis**, **ketchup**, **sugar** and **water for the sauce** (see pantry for all three amounts) into the pan.

Simmer until the **sauce** has thickened, 2-3 mins.

Taste and season with **salt** and **pepper** if needed. Remove from the heat. **TIP:** *The sauce should be sticky, but add a splash more water if you'd like.*



## Coat the Pork

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

Sprinkle the **cornflour** into a large 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

When everything's ready, fluff up the **bulgur wheat** with a fork and share between your bowls.

Top with the **sticky pork** and sprinkle over the **spring onion** to finish.

## Enjoy!