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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 glycaemic 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



family box



lactose free



2 of your 5 a day



healthy



Water (600ml)



Vegetable Stock Pot  
(1)



Bulgur Wheat  
(300g)



Garlic Clove  
(3)



Red Pepper  
(2)



Yellow Pepper  
(1)



Spring Onion (3)



Pork Loin Medallion  
(4)



Cornflour (2 tbsp)



Chinese Rice Vinegar  
(2 tbsp)



Ketjap Manis  
(4 tbsp)

## 4 PEOPLE INGREDIENTS

- Water **600ml**
- Vegetable Stock Pot **1**
- Bulgur Wheat **300g**
- Garlic Clove, chopped **3**
- Red Pepper, chopped **2**
- Yellow Pepper, chopped **1**
- Spring Onion, sliced **3**
- Pork Loin Medallion **4**
- Cornflour **2 tbsp**
- Chinese Rice Vinegar **2 tbsp**
- Ketjap Manis **4 tbsp**

**Allergens:** Celery, Sulphites, Gluten, Soya.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	370 kcal / 1564 kJ	5 g	1 g	40 g	8 g	42 g	2 g
Per 100g	90 kcal / 382 kJ	1 g	0 g	10 g	2 g	10 g	1 g

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Bulgur wheat is low in fat, high in fibre and rich in minerals, making it one healthy little grain!

**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.

2



**1** Bring the **water** (as specified in the ingredient list) to the boil in a pot with 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.

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

3



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

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

4



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

**6** Rinse the frying pan used for your pork then put on medium-high heat. Add a splash of **oil** and cook your **garlic** and your **whites** of your **spring onion** for 1 minute. Add your **pepper** chunks and cook for 4 mins. Add the **ketjap manis** and your **vinegar mixture** and bring to a simmer.

6



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

**8** Serve your **pork** with your **bulgur wheat** on the side. Sprinkle with your remaining **spring onion** and enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!