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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



2 of your  
5 a day



family box



Water  
(600ml)



Vegetable Stock Pot  
(1)



Bulgur Wheat  
(300g)



Garlic Clove  
(3)



Red Pepper,  
(2)



Yellow Pepper  
(1)



Spring Onion  
(3)



Pork 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, grated **3**
- Red Pepper, chopped **2**
- Yellow Pepper, chopped **1**
- Spring Onion, sliced **3**
- Pork Medallion **4**
- Cornflour **2 tbsp**
- Chinese Rice Vinegar **2 tbsp**
- Ketjap Manis **4 tbsp**

 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!

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

**Nutrition as per prepared and listed ingredients**

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	370 kcal / 1564 kJ	5 g	2 g	40 g	8 g	42 g	2 g
<b>Per 100g</b>	90 kcal / 382 kJ	1 g	0 g	10 g	2 g	10 g	1 g

**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.



**1** Bring the **water** (amount 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 grate the **garlic** (or use a garlic press if you have one). Remove the core from the **peppers** and chop into bite-sized chunks. Thinly slice the **spring onion**, separating the white and green parts.

**3** Cut the **pork** into bite-sized cubes and season with a pinch of **salt** and **pepper**. Sprinkle the **cornflour** onto a plate, add your **pork** and coat 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 your remaining **pork** and add to the plate too.

**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 the **whites** of your **spring onion** for 1 minute. Add your **peppers** and cook for 4 mins. Add the **ketjap manis** and your **vinegar mixture** and bring to a simmer.

**7** Return your **pork** to the pan and stir thoroughly. Continue cooking for 2-3 mins. Season with **salt** and **pepper**, if needed. **Tip:** *The pork is cooked when it is no longer pink in the middle.*



**8** Serve your **sweet and sour pork** with your **bulgur wheat** on the side. Sprinkle over the **greens** of your **spring onion** and enjoy!

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