



AUG
2016

Sweet-and-Sour Pork over Bulgur Wheat

There's something about sweet-and-sour sauce that keeps us coming back again and again (and again). This time, we've tossed it with crispy, golden brown pork and hearty bulgur for a healthier spin on a takeout favorite.



Prep: 10 min
Total: 30 min



level 1



nut free



dairy free



Pork Chops



Bulgur Wheat



Red Bell
Pepper



Yellow Bell
Pepper



Garlic



Scallions



Cornstarch



Vegetable Stock
Concentrate



Soy Sauce



White Wine
Vinegar

Ingredients

	2 People	4 People
Pork Chops	12 oz	24 oz
Bulgur Wheat	1) ¾ Cup	1½ Cups
Red Bell Pepper	1	2
Yellow Bell Pepper	1	1
Garlic	2 Cloves	4 Cloves
Scallions	2	4
Cornstarch	1 T	2 T
Vegetable Stock Concentrate	1	2
Soy Sauce	1) 2) 2 T	4 T
White Wine Vinegar	1 T	2 T
Sugar*	2 T	4 T
Oil*	1 T	2 T

*Not Included

Allergens

1) Wheat

2) Soy

Tools

Large bowl, Medium pot,
Small bowl, Large pan

Ruler

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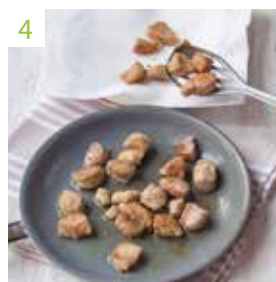
Nutrition per person Calories: 629 cal | Fat: 19 g | Sat. Fat: 5 g | Protein: 47 g | Carbs: 68 g | Sugar: 18 g | Sodium: 850 mg | Fiber: 12 g



1 Prep: Wash and dry all produce. Core, seed, and dice the **bell peppers** into 1-inch pieces. Mince or grate the **garlic**. Thinly slice the **scallions**, keeping the **greens** and **whites** separate. Chop the **pork** into bite-sized pieces. Toss in a large bowl with the **cornstarch**. Season with **salt** and **pepper**.



2 Cook the bulgur: In a medium pot, bring **1½ cups water** and **half the stock concentrate** to a boil. Once boiling, add the **bulgur**. Cover and reduce to a low simmer for about 15 minutes, until tender. Fluff with a fork. Season with **salt** and **pepper**.



3 Make the sauce: In a small bowl, combine **1 Tablespoon vinegar**, the remaining **stock concentrate**, **1 Tablespoon water**, **2 Tablespoons soy sauce**, and **2 Tablespoons sugar**. Stir to combine.

4 Cook the pork: Heat a thin layer of **oil** in a large pan over medium-high heat. Working in batches, add the **pork** to the pan. Cook 1-2 minutes per side, until browned. Remove from pan and set aside.



5 Cook the peppers: When all the **pork** is cooked, heat a drizzle of **oil** in the same pan over medium heat. Add the **garlic** and **scallion whites** to the pan. Cook 1-2 minutes, until softened. Add the **bell peppers** to the pan. Cook, tossing, for 4-5 minutes, until tender. Season with **salt** and **pepper**.

6 Finish and serve: Add the **pork** and **sauce** to the pan. Toss 1-2 minutes, until the sauce thickens. Serve the **sweet-and-sour pork** on a bed of **bulgur wheat** and garnish with the **scallion greens**. Enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

