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## 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:** 15 min  
**Total:** 35 min



level 1



nut free



dairy free



Pork Chops



Bulgur Wheat



Red Bell Peppers



Yellow Bell Pepper



Garlic



Scallions



Cornstarch



Vegetable Stock Concentrates



Soy Sauce



White Wine Vinegar

## Ingredients

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

## 4 People

\*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 **3 cups water** and **1 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 **2 Tablespoons vinegar**, **1 stock concentrate**, **2 Tablespoons water**, **4 Tablespoons soy sauce**, and **4 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 large 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!

