



More than Food

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Sweet and Sour Pork Stir-Fry

with Mango, Ginger, and Basmati Rice

Tangy vinegar, savory soy sauce, and spicy ginger make up the base to this nontraditional sweet and sour sauce. Sweet bell pepper and mango elevate this revamped take-out dish even further.



30 min



level 1



nut free



gluten free



Pork Chops



Mango



Red Bell Pepper



Garlic



Ginger



Scallions



Basmati Rice



White Wine Vinegar



Soy Sauce



Corn Flour

Ingredients

	2 People	4 People
Pork Chops	2	4
Mango	1	2
Red Bell Pepper	1	2
Garlic	2 cloves	4 cloves
Ginger	1 thumb	2 thumbs
Scallions	2	4
Basmati Rice	¾ C	1½ C
White Wine Vinegar	2 T	4 T
Soy Sauce	2 T	4 T
Corn Flour	2 T	4 T
Sugar*	2 t	4 t
Olive Oil*	2 T	4 T

*Not Included

Allergens

1) Soy

Tools

Peeler, Large Pan,
Small Pot, Medium Bowl

Ruler

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Nutrition per person Calories: 680 cal | Carbs: 70 g | Fat: 26 g | Protein: 43 g | Fiber: 5 g | Sodium: 654 mg



1 Bring **1½ cups water** and a large pinch of **salt** to a boil in a small pot. Once boiling, add the **rice** to the water, reduce to a simmer, and cover for 15 minutes, until tender.

2 Meanwhile, mince or grate the **garlic**. Core, seed and remove the white ribs from the **bell pepper**, then finely dice. Peel and cube the **mango**, being careful to cut around the flat pit. Peel and mince the **ginger**. Thinly slice the **scallions**, keeping the greens and whites separate.

Hint: For tips on how to slice mango like a pro (and learn more about the fruit itself!) visit our blog @ blog.hellofresh.com.

3 Cut the **pork** into 1-inch cubes then season on all sides with **salt** and **pepper**. Place the **pork** and **corn flour** in a medium bowl and toss to coat.

4 Heat **1 Tablespoon oil** in a large pan over medium-high heat. Working in batches, if necessary, add the **pork** to the pan and cook, turning occasionally, until browned on all sides, about 4 minutes. Set aside.

5 In the same pan, heat another **1 Tablespoon oil** over medium-high heat. Add the **scallion whites**, **bell pepper**, and **garlic** and cook until softened, 3-4 minutes. Add the **mango**, **ginger**, **soy sauce**, **vinegar**, and **2 teaspoons sugar** to the pan and bring to a simmer.

6 Return the **pork** to the pan and toss to combine. Season with **salt** and **pepper**.

7 Serve the **pork** atop the rice and sprinkle with **scallion greens**. Enjoy!

