



# PINEAPPLE PORK STIR-FRY

with Snow Peas and Bell Pepper over Jasmine Rice



**HELLO**  
**PINEAPPLE STIR-FRY**  
The tropical fruit turns this dish into a fun and tasty spin on sweet-and-sour pork.

**PREP: 10 MIN** | **TOTAL: 35 MIN** | **CALORIES: 670**

-  Chicken Stock Concentrates
-  Scallions
-  Pineapple
-  Jasmine Rice
-  Snow Peas
-  Brown Sugar
-  White Wine Vinegar
-  Red Bell Pepper
-  Ginger
-  Cilantro
-  Ground Pork
-  Soy Sauce  
(Contains: Soy)
-  Cornstarch



## START STRONG

This recipe has a wide array of flavors, some of which may be new to young eaters. Talk with your kids about the flavors they recognize and like; then introduce them to any that are unfamiliar.

## BUST OUT

- Medium pot
- Peeler
- Strainer
- Large pan
- Small bowl
- Oil (4 tsp)

## INGREDIENTS

Ingredient 4-person

- |                              |         |
|------------------------------|---------|
| • Chicken Stock Concentrates | 2       |
| • Red Bell Pepper            | 1       |
| • Scallions                  | 4       |
| • Ginger                     | 1 Thumb |
| • Pineapple                  | 12 oz   |
| • Cilantro                   | ½ oz    |
| • Jasmine Rice               | 1 Cup   |
| • Ground Pork                | 20 oz   |
| • Snow Peas                  | 4 oz    |
| • Soy Sauce                  | 4 TBSP  |
| • Brown Sugar                | 1 TBSP  |
| • Cornstarch                 | 2 TBSP  |
| • White Wine Vinegar         | 1 TBSP  |

## HELLO WINE



PAIR WITH  
Le Coq Bleu IGP  
Côtes de Gascogne, 2015

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## 1 MAKE STOCK AND PREP

**Wash and dry all produce.** Bring **1¾ cups water, 1 stock concentrate,** and a pinch of **salt** to a boil in a medium pot. Core and seed **bell pepper**, then cut into 1-inch squares. Trim **scallions**, then cut into 1-inch pieces. Peel **ginger**, then mince or grate until you have 1 TBSP. Drain **pineapple**, reserving juice. Roughly chop **cilantro**.



## 4 COOK VEGGIES

Heat another large drizzle of **oil** in same pan over medium-high heat. Add **bell pepper, scallions,** and **snow peas.** Season with **salt** and **pepper.** Cook, tossing, until vegetables are tender but still have a little bite, about 5 minutes. Remove from pan and set aside.



## 2 COOK RICE

Once stock is boiling, add **rice** to pot. Give it a stir, reduce to a simmer, and cover. Cook until tender, 15-20 minutes. Remove from heat and keep covered.



## 5 MAKE SAUCE

In a small bowl, whisk together **½ cup water,** reserved **pineapple juice,** **soy sauce,** remaining **stock concentrate, brown sugar, cornstarch,** and **1 TBSP vinegar** (we sent more). Add to same pan and bring to a boil, then lower heat and let simmer until slightly thickened, 3-5 minutes.



## 3 BROWN PORK

Heat a large drizzle of **oil** in a large pan over medium-high heat (use a nonstick pan if you have one). Add **ginger** and cook until fragrant, about 1 minute. Add **pork**, breaking up meat into pieces. Season generously with **salt** and **pepper.** Cook, tossing occasionally, until browned and just cooked through, 4-6 minutes. Remove from pan and set aside.



## 6 FINISH STIR-FRY

Return **pork** and **veggies** to pan with sauce and toss to combine. Add **pineapple** and half the **cilantro** and stir until warmed through. Fluff **rice** with a fork, then season with **salt** and **pepper.** Divide between plates and top with **stir-fry.** Sprinkle with remaining **cilantro.**

## FRESH TALK

What was your favorite thing that you did this summer?

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