



More than Food

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## Sweet and Sour Pork Stir-Fry

with Mango, Ginger, and Basmati Rice

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



Prep:  
30 min



level 1



nut  
free



dairy  
free



Boneless Pork  
Loin Chops



Mango



Red Bell Pepper



Garlic



Ginger



Scallions



Basmati Rice



White Wine Vinegar



Soy Sauce



Corn Starch

## Ingredients

		4 People
Pork Chops		4
Mango		2
Red Bell Pepper		2
Garlic		4 cloves
Ginger		60 g knob
Green Onions		4
Basmati Rice		1 pkg
White Wine Vinegar	1)	2 bottles
Soy Sauce	2) 3)	1 pkg
Cornstarch		1 pkg
Sugar*		4 tsp
Olive Oil*		2 tbsp

\*Not Included

## Allergens

- 1) Sulphites/Sulfites
- 2) Soy/Soja
- 3) Wheat/Blé

## Tools

Peeler, Large Pan,  
Small Pot, Medium Bowl

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

Ruler

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**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 and cook until tender, 15 min.

**2** Meanwhile, mince or grate the **garlic**. Core, seed and remove the white ribs from the **bell pepper**, then cut into ½-inch cubes. Peel and mince **2 tbsp ginger**. Thinly slice the **scallions**, keeping the greens and whites separate. Cut a small piece off the larger end of the **mango**. Stand it on your cutting board. Avoiding the flat pit running down the centre of the mango, cut ‘cheeks’ off around the pit. Remove the meat with a spoon and cut into ½-inch cubes.



**3** Cut the **pork** into 1-inch cubes then season on all sides with salt and pepper. Sprinkle **cornstarch** over pork in a medium bowl and toss to lightly coat. Shake off any excess cornstarch.



**4** Heat **1 tbsp 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 min. Set aside.

**5** In the same pan, heat another **1 tbsp oil** over medium-high heat. Add the **scallion whites, bell pepper, and garlic** and cook until peppers are tender, 3-4 min. Add the **mango, ginger, soy sauce, vinegar, and 2 tsp 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!