



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: 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!

