



Sweet & Sour Pork Stir-Fry on Garlic Rice with Pineapple and Peppers

30 Minutes



Ground Pork



Long Grain Rice



Shallot



Sweet Bell Pepper



Pineapple, spears



Sweet and Sour Sauce



Garlic Salt



Garlic



Green Onions

HELLO PINEAPPLE

Sweet, tangy and crunchy. The perfect stir fry veggie!

Start here

Before starting, wash and dry all produce.

Bust Out

Measuring spoons, medium pot, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Long Grain Rice	¾ cup	1 ½ cup
Shallot	50 g	100 g
Sweet Bell Pepper	160 g	320 g
Pineapple, spears	95 g	190 g
Sweet and Sour Sauce	½ cup	1 cup
Garlic Salt	1 tsp	2 tsp
Garlic	6 g	12 g
Green Onions	2	4
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



1 Prep

Core, then cut **pepper** into ½-inch pieces. Cut **pineapple** into ½-inch pieces. Peel, then cut **shallot** into ½-inch pieces. Thinly slice **green onions**. Peel, then mince or grate **garlic**.



2 Cook rice

Heat a medium pot over medium heat. When hot, add ½ **tbps oil** (dbl for 4 ppl), then **rice**, **garlic** and **half the garlic salt**. Cook, stirring often, until fragrant, 2-3 min. Add **1 ¼ cups water** (dbl for 4 ppl) and bring to a boil over high heat. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



3 Cook pineapple mixture

While **rice** cooks, heat a large non-stick pan over medium-high heat. When hot, add ½ **tbps oil** (dbl for 4 ppl), then **shallots** and **peppers**. Cook, stirring occasionally, until tender-crisp, 3-4 min. Add **pineapple** and cook, stirring often, until warmed through, 1-2 min. Season with **salt** and **pepper**. Remove pan from heat, then transfer **pineapple mixture** to a plate.



4 Cook pork

Heat the same pan over medium-high heat. When hot, add ½ **tbps oil** (dbl for 4 ppl) then **pork** and **remaining garlic salt**. Cook, breaking up **pork** into smaller pieces, until no pink remains, 4-5 min.**



5 Finish stir-fry

Reduce heat to medium. Add **pineapple mixture**, **sweet and sour sauce** and ¼ **cup water** (dbl for 4 ppl) to the pan with **pork**. Cook, stirring occasionally, until **sauce** is warmed through, 2-3 min.



6 Finish and serve

Fluff **rice** with a fork. Stir in **half the green onions**.. Divide **rice** between plates. Top with **stir-fry**, then sprinkle **remaining green onions** over top.

Dinner Solved!