



SWEET AND SOUR PORK

over Hearty Bulgur

PREP: 15 MIN
TOTAL: 30 MIN

LEVEL 1

NUT FREE

DAIRY FREE



HELLO BULGUR

Tender and earthy Middle Eastern grain

INGREDIENTS:

- Red Bell Peppers
- Yellow Bell Pepper
- Garlic
- Scallions
- Pork Chops
- Cornstarch
- Veggie Stock Concentrates
- Bulgur Wheat (Contains: Wheat)
- White Wine Vinegar
- Soy Sauce (Contains: Soy)

FOR 4 PEOPLE:

- 2
- 1
- 2 Cloves
- 2
- 24 oz
- 2 TBSP
- 2
- 1½ Cups
- 2 TBSP
- 4 TBSP

NUTRITION PER SERVING

640 cal | Fat: 22 g | Sat. Fat: 7 g | Protein: 47 g | Carbs: 64 g | Sugar: 16 g | Sodium: 938 mg | Fiber: 11 g

START STRONG

Take time to cut the pork into evenly-sized pieces. That way, it'll cook more evenly (and faster, too).



1 PREP

Wash and dry all produce. Core, seed, and dice **bell peppers** into 1-inch pieces. Mince **garlic**. Thinly slice **scallions**. Chop **pork** into bite-sized pieces, and toss in a large bowl with **cornstarch, salt, and pepper**.



2 COOK BULGUR

In a medium pot, bring **3 cups water** and **1 stock concentrate** to a boil. Once boiling, add **bulgur**. Cover and reduce to a low simmer. Cook until tender, about 15 minutes. Fluff with a fork, and season with **salt** and **pepper**.

BUST OUT

- Large bowl
- Small bowl
- Oil (5 tsp)
- Sugar (4 TBSP)
- Medium pot
- Large pan



3 MAKE SAUCE

In a small bowl, combine **vinegar**, remaining **stock concentrate**, **2 TBSP water**, **4 TBSP soy sauce**, and **4 TBSP sugar**. Stir to combine.



4 COOK PORK

Heat a thin layer of **oil** in a large pan over medium-high heat. Working in batches, add **pork** and cook until browned, 1-2 minutes per side. Remove from pan and set aside.



5 COOK PEPPERS

After **pork** is cooked, heat a large drizzle of **oil** in same pan over medium heat. Add **garlic** and **scallions**, and cook until softened, 1-2 minutes. Add **bell peppers** and cook until tender, 4-5 minutes. Season with **salt** and **pepper**.



6 FINISH AND SERVE

Add **pork** and **sauce** to pan, and toss until sauce thickens, 1-2 minutes. Serve **sweet and sour pork** on a bed of **bulgur**.

AMAZING!

Hearty, colorful, and finger-licking good.

