



SWEET AND SOUR PORK









with Pineapple, Snow Peas, and Bell Pepper over Bulgur



HELLO BULGUR

A fiber-rich Middle Eastern grain with an earthy flavor and tender bounce.

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 580

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

START STRONG

Take time to cut the pork into evenly sized pieces, which will help it cook evenly, too.

BUST OUT

- Medium pot
- Strainer
- Small bowl
- Large bowl
- Large pan
- Oil (4 tsp)
- Sugar (1 TBSP)

INGREDIENTS

Ingredient 4-person

- Veggie Stock Concentrates 2
- Red Bell Peppers 2
- Snow Peas 8 oz
- Garlic 2 Cloves
- Scallions 2
- Pineapple 2 Packs
- Bulgur Wheat 1½ Cups
- White Wine Vinegar 2 TBSP
- Soy Sauce 4 TBSP
- Pork Chops 24 oz
- Cornstarch 2 TBSP

HELLO WINE



PAIR WITH

Winston & Sons Martinborough
New Zealand Sauvignon Blanc, 2014

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 MAKE STOCK AND PREP

Wash and dry all produce. Bring 3 cups water and 1 stock concentrate to a boil in a medium pot. Core, seed, and dice bell peppers into 1-inch pieces. Trim any stems from snow peas. Mince garlic. Trim, then thinly slice scallions. Drain pineapple, reserving 1 TBSP juice.



4 COOK PORK

Cut pork into bite-sized pieces, then toss in a large bowl with cornstarch, salt, and pepper until coated all over. Heat a large drizzle of oil in a large pan over medium-high heat. Working in batches, shake off any excess cornstarch from pork, then add to pan. Cook until browned, 1-2 minutes per side. Remove from pan and set aside.



2 COOK BULGUR

Once stock is boiling, add bulgur to pot. Cover, lower heat, and reduce to a simmer. Cook until tender, about 15 minutes.



5 FINISH STIR-FRY

Heat a large drizzle of oil in same pan over medium heat. Add garlic and scallions. Cook, tossing, until softened, 1-2 minutes. Add bell peppers and snow peas. Cook, tossing, until browned and tender, 4-5 minutes. Season with salt and pepper. Return pork to pan along with sauce and pineapple. Give it a stir, then let cook until sauce thickens and pork is cooked through, 1-2 minutes.



3 MAKE SAUCE

Meanwhile, stir together vinegar, remaining stock concentrate, reserved pineapple juice, soy sauce, 2 TBSP water, and 1 TBSP sugar in a small bowl until sugar dissolves.



6 FINISH AND SERVE

Fluff bulgur with a fork. Season with salt and pepper. Divide between plates. Top with stir-fry and serve.



AMAZING!

Hearty, colorful, and finger-licking good.

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