



# RAINBOW SWEET & SOUR PORK STIR-FRY

with Jasmine Rice

Look for this colour on your recipe kit!



Sweeten up a stir-fry with pineapple



Red Onion



Sugar Snap Peas



Red Capsicum



Pineapple Slices



Garlic



Spring Onion



Pork Loin Steaks



Jasmine Rice

*Pantry Staples*



Water



Plain Flour



Soy Sauce



White Wine Vinegar



Honey



Olive Oil

Hands-on: 30 mins  
Ready in: 40 mins

This tangy, vinegary, sweet yet savoury sauce is big on flavour but sure to be a hit with the whole family. To complete the non-traditional sweet and sour sauce, sweet red capsicum and pineapple elevate this revamped takeaway dish to new heights!

## BEFORE YOU — START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, garlic crusher, sieve, medium saucepan** with a lid, **two medium bowls, spoon, large wok** or **frying pan, small bowl** and a **wooden spoon**.



### 1 GET PREPPED

Chop the **pork loin steaks** into 2 cm pieces. Peel and crush the **garlic**. Finely slice the **red onion**. Trim the ends of the **sugar snap peas**. Chop the **red capsicum** into 2 cm pieces. Drain the **pineapple slices** and chop into 2 cm chunks. Finely slice the **spring onion**.



### 2 COOK THE RICE

Rinse the **Jasmine rice** well. Bring the rice and the **water (for the rice)** to a boil in a medium saucepan over a high heat. Reduce the heat to medium and simmer, uncovered, for **11-12 minutes**, or until the rice is soft. Drain and return to the saucepan. Cover with a lid to keep warm. Set aside.



### 3 PREP THE PORK

While the rice is cooking, place the **pork loin** pieces in a medium bowl. Add the **plain flour** and a **pinch** of **salt** and **pepper** and stir to coat the pork pieces. Set aside. **TIP:** The flour helps to keep the meat moist and bind the flavours in the sauce.



### 4 FRY THE PORK

Heat a large wok or frying pan over a high heat, add **2 tbs** of **olive oil** and swirl to coat the pan. Cook **1/2** of the **pork** pieces for **1-2 minutes**, or until browned. Transfer to a second medium bowl. Repeat with the remaining pork.



### 5 COOK THE VEGGIES

In a small bowl, combine the **soy sauce, white wine vinegar, honey** and **garlic**. Set aside. Add a **drizzle** of **olive oil** to the same wok. Add the **red onion, sugar snap peas, red capsicum** and **pineapple** pieces and cook for **4-5 minutes**, or until fragrant and the capsicum starts to soften. Return the **pork** to the pan and pour over the **soy sauce mixture**. Cook for **3-4 minutes**, or until the sauce thickens.



### 6 SERVE UP

Divide the Jasmine rice between bowls, top with the pork stir-fry and sprinkle with spring onion.

Enjoy!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
pork loin steaks	1 packet
garlic	2 cloves
red onion	1
sugar snap peas	1 packet
red capsicum	1
pineapple slices	1 tin (225 g)
spring onion	1 bunch
Jasmine rice	2 packets (1 1/2 cups)
water* (for the rice)	6 cups
plain flour*	2 tbs
soy sauce*	1/4 cup
white wine vinegar*	2 tbs
honey*	2 tbs

\*Pantry Items | [Ingredient features in another recipe](#)

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2470kJ (591Cal)	317kJ (76Cal)
Protein (g)	39.5g	5.1g
Fat, total (g)	10.0g	1.3g
- saturated (g)	1.8g	0.2g
Carbohydrate (g)	82.9g	10.6g
- sugars (g)	18.9g	2.4g
Sodium (mg)	751mg	96mg

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hello@hellofresh.com.au

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