

## RAINBOW SWEET & SOUR PORK STIR-FRY

with Jasmine Rice

Look for this colour on your recipe kit!



Sweeten up a stir-fry with pineapple







Sugar Snap Peas





**Red Capsicum** 





Pineapple Slices

**Spring Onion** 



Pork Loin Steaks



Pantry Staples





Plain Flour





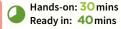
White Wine Vinegar





Olive Oil





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!

## 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.



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.



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.



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 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.



**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 ½ cups)	
water*(for the rice)	6 cups	
plain flour*	2 tbs	
soy sauce*	⅓ cup	
white wine vinegar*	2 tbs	
honey*	2 tbs	

\*Pantry Items | • Ingredient features in another recipe

NUTRITION	PER SERVING	<b>PER 100G</b>
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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