

Sweet and Sour Pork Stir-Fry

with Mango, Ginger, and Basmati Rice

Tangy vinegar, savoury soy sauce, and spicy ginger make up the base to this non-traditional sweet and sour sauce. Sweet bell pepper and mango elevate this revamped take-out dish even further.



Prep: 30 min



level 1







Boneless Pork Loin Chops



Mango



Red Bell Pepper









Basmati Rice







Ingredients		4 People
Pork Chops		4
Mango		2
Red Bell Pepper		2
Garlic		4 cloves
Ginger		60 g knob
Green Onions		4
Basmati Rice		1 pkg
White Wine Vinegar	1)	2 bottles
Soy Sauce	2) 3)	1 pkg
Cornstarch		1 pkg
Sugar*		4 tsp
Olive Oil*		2 tbsp

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- 1) Sulphites/Sulfites
- 2) Soy/Soja

*Not Included

3) Wheat/Blé

Tools

Peeler, Large Pan, Small Pot, Medium Bowl

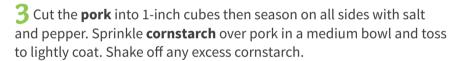
Nutrition per person Calories: 680 cal | Carbs: 70 g | Fat: 26 g | Protein: 43 g | Fiber: 5 g | Sodium: 654 mg



1 Bring 1½ cups water and a large pinch of salt to a boil in a small pot. Once boiling, add the rice to the water, reduce to a simmer, and cover and cook until tender, 15 min.



2 Meanwhile, mince or grate the **garlic**. Core, seed and remove the white ribs from the **bell pepper**, then cut into ½-inch cubes. Peel and mince **2 tbsp ginger**. Thinly slice the **scallions**, keeping the greens and whites separate. Cut a small piece off the larger end of the **mango**. Stand it on your cutting board. Avoiding the flat pit running down the centre of the mango, cut 'cheeks' off around the pit. Remove the meat with a spoon and cut into ½-inch cubes.





- 4 Heat **1 tbsp oil** in a large pan over medium-high heat. Working in batches, if necessary, add the **pork** to the pan and cook, turning occasionally, until browned on all sides, about 4 min. Set aside.
- 5 In the same pan, heat another 1 tbsp oil over medium-high heat. Add the scallion whites, bell pepper, and garlic and cook until peppers are tender, 3-4 min. Add the mango, ginger, soy sauce, vinegar, and 2 tsp sugar to the pan and bring to a simmer.



- 6 Return the **pork** to the pan and toss to combine. Season with salt and pepper.
- 7 Serve the **pork** atop the rice and sprinkle with **scallion greens**. Enjoy!