

# Sweet & Sour Pork on Rice



**Ready in 20 minutes**



**SIMPLY  
DINNER**

**FEEDS 4**

– RECIPE BY –

**annabel  
langbein™**

## **What's in the kit**

- Annabel's Go To Chilli Lime Glaze
- Capsicum
- Carrot
- Pineapple pieces
- Pork pieces
- Rice

## **What else you need**

- Cooking oil
- Salt and pepper
- Water

## **Optional extras**

- Sesame seeds

*Dinner's  
in the Bag!*

NET WEIGHT 1620 g



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# Sweet & Sour Pork on Rice



Serves 4



Ready in 20 minutes

## Ingredients

We endeavour to supply your meal kit exactly as shown. However, due to seasonality and supply issues some ingredients may occasionally be substituted with a different item.

1 ½ cups rice  
1 capsicum  
1 carrot  
1 can pineapple pieces  
1 tbsp cooking oil  
400g pork pieces  
300g Annabel's Go To Chilli Lime Glaze  
salt and pepper  
water

## Method

If using optional ingredients, please read cooking method fully before starting to cook.

1. Place rice in a large pot with 2¼ cups water and a little salt. Bring to a boil over a high heat, then cover and reduce to lowest heat. Cook for 13 minutes then turn off the heat and allow to stand without lifting the lid.
2. While rice cooks, thinly slice the capsicum. Peel carrot, halve lengthwise and thinly angle slice. Drain pineapple pieces, discarding half the juice.
3. Heat 1 tbsp oil in a deep-frying pan over high heat. Add pork, season with salt and pepper and stir-fry for 2 minutes until golden.
4. Add capsicum and carrot and stir-fry for 3 minutes.
5. Add Annabel's Go To Chilli Lime Glaze, the pineapple pieces and half the juice. Bring to a simmer, then reduce heat and simmer gently for 2-3 minutes or until the pork is fully cooked through. Check seasoning and adjust to taste with salt and pepper.

## To Serve

Fluff the rice with a fork. Divide between 4 bowls and top with the sweet and sour pork and sauce. Enjoy!

## Optional

If using sesame seeds, place in a dry frying pan over medium-high heat and stir until lightly golden. Sprinkle over sweet and sour pork to serve.

### NUTRITION INFORMATION

Servings per package: 4  
Serving size: 405 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	2530 kJ	625 kJ
Protein	25.9 g	6.4 g
Fat, total	10.9 g	2.7 g
- saturated	4.1 g	1.0 g
Carbohydrate	96.8 g	23.9 g
- sugars	34.5 g	8.5 g
Sodium	611 mg	151 mg

**Ingredients:** Pork (25%), Pineapple Chunks (22%) [Pineapple, pineapple juice], Rice (19%), Annabel's Go To Chilli Lime Glaze (19%) [Apple juice from concentrate, sugar, soy sauce (water, salt, soy beans, wheat, alcohol), water, ginger, chilli, garlic, modified starch (1442), lemon grass, lime zest, galangal, acidity regulator (260)], Capsicum, Carrot.

**Contains Soy, Wheat, Gluten**

May Contain Milk, Egg, Sesame, Tree Nuts, Fish, Peanuts, Crustacea

**NUTRITION INFORMATION** refers to the packaged meal and **Net Weight** refers to the weight of the bag. All ingredients and items within this meal kit are intended for use in the recipe supplied and are to be used as per the stated **Use By** date. Nutritional values can increase or decrease due to changes caused by the cooking process, the addition of optional ingredients and pantry items (such as salt) or the substitution of fresh produce.

**Directions for use and storage conditions:** Keep everything clean including hands and surfaces prior to eating. Wash all fruit and vegetables thoroughly. Separate raw and ready to eat foods during storage and preparation. Cook food thoroughly. Keep food at safe temperature and store ingredients between 1°C and 4°C.

**Marketed by:** Foodstuffs North Island Ltd.  
35 Landing Drive, Mangere, Auckland 2022.

If you have any feedback or issues with your meal kit, please contact the store you purchased your Simply Dinner meal kit from.

