

Sweet & Sour Malaysian Pork with cracked Bulgur Wheat

Vegetable stock pot ½
Bulgur wheat 150g
1 garlic clove grated
1 Red pepper chopped
1 Yellow pepper chopped
3 Spring onion sliced
2 Pork loin steak cubed
1tbsp Cornflour
1 tbsp Chinese Rice vinegar
2 tbsp Ketjap Manis
Water 300ml

Method

1. Boil the **water** in a large saucepan over a high heat. Add the **vegetable stock pot**, stir to dissolve then add the **bulgur wheat**. Cover with a lid, remove from the heat and leave for 10-15 mins or until the water has completely soaked in.
2. Meanwhile, peel and press the **garlic**. Chop the **peppers** into bite-sized cubes. Thinly slice the whole of the **spring onions**, separating the white and green parts.
3. Cut the **pork** into bite-sized cubes. Sprinkle the **cornflour** into a mixing bowl and then add a generous pinch of salt and black pepper. Add the **pork** and coat thoroughly.
4. Put a splash of oil into a frying pan on a high heat. Line a plate with kitchen towel. When the pan is hot add half the **pork** and stir-fry until brown (4 mins). Transfer onto the kitchen towel to absorb any excess fat. Add a little more oil and fry the remaining **pork** in the same way.
5. In a small bowl, mix the **Chinese rice vinegar** with a sprinkling of sugar. Stir until dissolved and set aside. Wash out the frying pan and add a splash of oil put on a medium heat. Stir-fry the **peppers** for 4 mins. Add the **garlic** and **whites of spring onion**.

Cook for another minute. Stir in the **vinegar mixture** and the **ketjap manis** and bring to a simmer.

6. Return the **pork** to the pan and stir thoroughly. Continue to cook for 2-3 mins. Taste and season with more salt and pepper if needed.
7. Serve the sweet and sour **pork** on top of the **bulgur wheat** and sprinkle over the greens of the spring onion.