



Sweet & Sour Pork with Rice Recipe





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Recipe Items:	1 Portion	5 Portions
PE Brown Rice (PE#21765)	#16 Scoop (60 gm)	300 gm (10.6 oz)
PE Roast Pork (PE# 21753)	#16 Scoop (60 gm)	300 gm (10.6 oz)
PE Wax Beans (PE#21746)	2 Tbsp (30 ml)	150 gm (5.3 oz)
PE Carrot (PE#21734)	2 Tbsp (30 ml)	150 gm (5.3 oz)
Sweet & Sour Sauce	2 Tbsp (30 ml)	150 ml (5.1 fl oz)

Nutritional analysis presented contains only these ingredients

1 cm chub slice = approx. 40gm,
1" chub slice- approx. 100gm



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Hot Service - Heat Puree Essentials food to a minimum temperature of 71°C or 160°F.



2. Plate the #16 Scoop (60 gm) of brown rice. With the back of the scoop, create a small depression or divot in the centre of the brown rice (base).



3. Place the #16 Scoop (60 gm) of pork mousse on top of the brown rice. Using the back of the scoop evenly spread the pork mousse over the top of the brown rice. If cold plating, make sure to spread out so the plate cover can fit tight.



4. Using a spoon, evenly cover the pork mousse with small mounds of 2 Tbsp (30 ml) of carrot and 2 Tbsp (30 ml) of wax bean mousses.



5. Finish the dish by drizzling with 2 Tbsp (30 ml) of sweet and sour sauce evenly over the top.

Hot Service - keep Puree Essentials food hot, at a minimum temperature of 66°C or 150°F.



Garnish with green coloured vegetables as desired (garnish not included in nutritional analysis).

Options: replace Pork with other proteins such as PE Ham, Chicken, Beef or Turkey Puree. Replace and/or add vegetables as desired to create different variations. For additional flavours and variety, add ground herbs and other smooth condiments. Different smooth sauce combinations will also add variety.

Nutrition Facts	
Valeur nutritive	
Per 1 plate (208g) / par 1 plate (208g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 240	
Fat / Lipides 8g	13%
Saturated / satures 1.5g	
+ Trans / trans 0g	8%
Cholesterol / Cholesterol 10mg	
Sodium / Sodium 550mg	23%
Carbohydrate / Glucides 28g	9%
Fibre / Fibres 2g	7%
Sugars / Sucres 9g	
Protein / Proteines 16g	
Vitamin A / Vitamine A	7%
Vitamin C / Vitamine C	8%
Calcium / Calcium	4%
Iron / Fer	20%

