Pork and Apple Bulgur Wheat Salad

NIBBLEDISH CONTRIBUTOR

Ingredients

2 pork steaks, cut into thin strips
1 apple, chopped into chunks
small handful of broccoli florets
1 small red pepper, chopped
100g bulgur wheat
550ml hot veggie stock
Fresh coriander

Instructions

1) Boil the bulgur wheat in the stock, then leave to simmer with a lid on for about 15 minutes.
2) Meanwhile, fry the pork strips and the broccoli. After a few minutes, add in the apple chunks.
3) Once the bulgar wheat has absorbed the stock, mix in the pork, broccoli and red pepper.