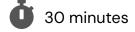






Sweet and Sour Pork

Tender pieces of diced pork, coated and pan-fried until golden, then simmered in a sticky sweet and sour sauce with pineapple, capsicum, and onion. Served over fluffy jasmine rice and finished with fresh chives.





W

4/6 servings

You can thread the diced pork, capsicum and onion onto skewers ready to grill on the BBQ. Use the pineapple and chives to make a simple fried rice on the side.

FROM YOUR BOX

	4 PERSON	6 PERSON
JASMINE RICE	300g	300g + 150g
TINNED PINEAPPLE PIECES	225g	225g
TOMATO SAUCE	2 small jars	2 small jars
BROWN ONION	1	1
GREEN CAPSICUM	1	2
RED CAPSICUM	1	2
DICED PORK	600g	600g + 300g
CHIVES	1 bunch	1 bunch

FROM YOUR PANTRY

oil for cooking, salt, pepper, cornflour, soy sauce, sugar (of choice)

KEY UTENSILS

large frypan or wok, saucepan

NOTES

Use sesame oil for a more fragrant flavour.

You can stir some chives through the sweet and sour pork as well.



1. COOK THE RICE

Place **rice** in a saucepan, cover with **550ml water**. Bring to a boil. Cover with a lid and reduce to medium-low heat for 10–15 minutes. Remove from heat, uncover and stand for 5 minutes. Stir carefully with a fork.

6P - use 825ml water to cook the rice.



2. PREPARE THE SAUCE

Drain pineapple juice into a small bowl (set pineapple pieces aside). Whisk juice together with tomato sauce, 1 tbsp sugar, 2 tbsp soy sauce and 2 tbsp cornflour.

6P - whisk pineapple juice, tomato sauce, 11/2 tbsp sugar, 3 tbsp soy sauce, 21/2 tbsp cornflour and 1 tbsp water.





3. PREPARE THE STIR FRY

Dice onion and capsicums.

Season diced pork with salt and pepper.

Dust with 1 tbsp cornflour.

6P - dust pork with 11/2 tbsp cornflour.



4. COOK THE PORK

Heat a large wok or frypan over high heat with **oil** (see notes). Add **pork** and cook for 4 minutes until browned.



5. COOK THE STIR FRY

Add **onion** and **capsicums** to wok. Cook for 3–5 minutes until tender. Pour in **prepared sauce** and **pineapple** simmer for 2–3 minutes until thickened.



6. FINISH AND SERVE

Slice **chives** and use to garnish **pork** (see notes). Serve with **rice**.



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