



Product Spotlight: Pineapple

A pineapple is neither an apple nor a pine. It's actually a berry! This essential summer fruit is high in vitamin C.



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.



30 minutes



Pork



4/6 servings

BBQ it!

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.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	37g	7g	80g

FROM YOUR BOX

	4 PERSON	6 PERSON
JASMINE RICE	300g	300g + 150g
TINNED PINEAPPLE PIECES	225g	2 x 225g
TOMATO SAUCE	2 small jars	3 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 875ml 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**, **1 1/2 tbsp sugar**, **3 tbsp soy sauce**, **3 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 1 1/2 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. Cook in batches if needed.



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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