Sweet and sour pork

Ingredients

Serves 4

Sweet and sour sauce

425 grams pineapple pieces in juice

2 teaspoons soy sauce

1 1/2 tablespoons vinegar

1 1/2 tablespoons tomato sauce

2 teaspoons brown sugar

1 teaspoon fresh ginger, grated (optional)

1 tablespoon cornflour

Stir fry

1 tablespoon vegetable oil 500 grams lean pork, sliced thinly 1 onion, sliced

½ capsicum, chopped

2 carrots, peeled and sliced

½ broccoli, cut into florets

2 cups cabbage, shredded

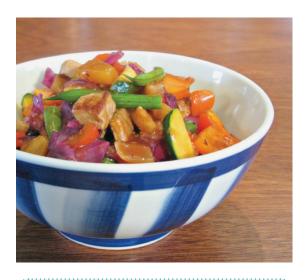
Method

Sweet and sour sauce

- 1. In a saucepan place canned pineapple with juice, soy sauce, vinegar, tomato sauce, brown sugar and ginger.
- 2. Bring to the boil, then reduce heat to a gentle simmer
- 3. Wet the cornflour with a little water in a small bowl.
- 4. Slowly pour the cornflour mixture into the simmering sauce while stirring constantly until it begins to thicken.

Stir frv

- Heat oil in a large frying pan or wok over medium heat.
- 2. Add the pork and stir fry until brown on all sides, remove from the pan and set aside.
- 3. Add the vegetables to the pan and cook until tender.
- 4. Add the pork back to the pan with the sweet and sour sauce and heat through.
- 5. Remove from heat, spoon into bowls and serve.



Equipment

- Cutting board and knife
- Kitchen scales
- Measuring cups
- Measuring spoons
- Saucepan
- Serving spoon
- Small bowl
- Vegetable peeler
- Wok or large frying pan

Preparation and cooking skills

Boil, brown, chop, make sauces from scratch, mix, peel, simmer, slice, stir fry.

Nutrition

- Sweet and sour pork is a popular Chinese dish.
- This recipe is healthier than the takeaway versions, as it uses lean pork and lots of vegetables.
- Eating plenty of different coloured vegetables and cutting back on junk foods and takeaways means you'll get a wide range of nutrients which help you to learn and grow, and stop you from getting sick.



