

Sweet and sour pork

Ingredients

Serves 4

Sweet and sour sauce

- ¼ cup white vinegar*
- 1 teaspoon tom yum paste*
- ⅓ cup tomato paste*
- 3 tablespoons brown sugar*
- 2 cloves garlic, crushed*
- 1 tablespoon finely chopped fresh ginger*
- 2 tablespoons oyster sauce*
- 1 teaspoon sesame oil*
- ⅔ cup drained canned pineapple pieces*
- 1½ tablespoons cornflour*
- 1½ tablespoons water*

Stir fry

- 1 tablespoon oil*
- 300 grams lean pork, sliced*
- 1 carrot, sliced*
- ⅔ cup sliced green beans*
- ½ red onion, sliced*
- 1 cup sliced red cabbage*
- 1 courgette, sliced*
- 1 capsicum, sliced*

Method

Sweet and sour sauce








1. In a saucepan place vinegar, tom yum paste, tomato paste, brown sugar, garlic, ginger, oyster sauce and sesame oil.
2. Bring to the boil then reduce heat to a gentle simmer.
3. Add pineapple pieces.
4. Mix the cornflour and water together and stir through the pineapple mixture until thickened.

Stir fry

1. Heat oil in a wok over medium heat.
2. Add pork and stir fry until brown on all sides.
3. Add carrot, green beans, onion, red cabbage, courgette and capsicum to wok and stir fry until heated through.
4. Add sweet and sour sauce to pork and vegetables.
5. Continue to stir fry for 3-5 minutes.
6. Remove from heat, spoon into bowls and serve.



Equipment

-  Cutting board and knife
-  Kitchen scales
-  Measuring cups
-  Measuring spoons
-  Saucepan
-  Serving spoon
-  Wok

Preparation and cooking skills

Boil, brown, chop, make sauces from scratch, mix, 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.