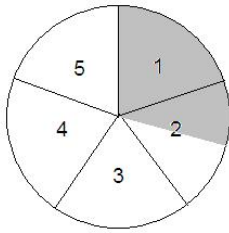


Sweet & Sour Pork

Serves 4

Portions of fruit & vegetables per serving: 1 $\frac{1}{2}$



Hob needed



Allergen information:

Allergens are in bold.

Contains cereals
containing gluten

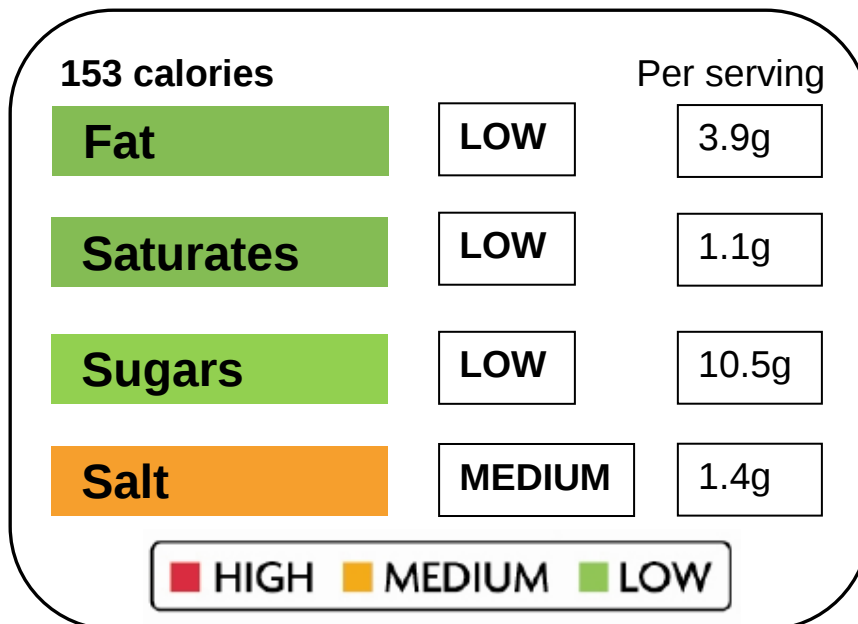
Contains soya

Ingredients	Amount	Preparation
oil	1 teaspoon	
lean pork	280g (10oz)	trim off fat and cut into cubes
onion	1 large	cut into large chunks
carrots	2 medium	cut into matchsticks
sweet green pepper	1 medium	deseeded and cut into large chunks
can of pineapple slices in fruit juice	1 (140g drained weight)	drained and juice reserved, cut into chunks
tomato ketchup/paste	2 tablespoons	
soy sauce	2 tablespoons	
vinegar	1 tablespoon	
corn flour	1 teaspoon	mixed with 2 teaspoons of water to make a paste

Please Turn Over

Method

- 1 Heat the oil in a wok or large frying pan and stir-fry the pork for about 3-4 minutes until the pork is nearly cooked through.
- 2 Add the onion, carrot and sweet pepper and cook for a few minutes until still slightly crunchy. Add the pineapple chunks and allow to heat through.
- 3 Meanwhile in a small saucepan combine the tomato ketchup, soy sauce, vinegar and reserved pineapple juice. Bring to the boil and reduce the temperature to a simmer. Add the corn flour paste and stir until the sauce thickens.
- 4 Add the sauce to the wok and mix thoroughly.



Handy Hints

- Serve with rice, noodles or jacket potato.
- You can use any vegetables you have.
- You can also use chicken or Quorn pieces instead of pork.
- Look out for water chestnuts or bamboo shoots in cans to add some extra variety.
- Use reduced sodium soy sauce to reduce the salt content of this recipe.