

Sweet and sour pork

Ingredients

Serves 4

Sweet and sour sauce

425 grams pineapple pieces in juice

2 teaspoons soy sauce

1 ½ tablespoons vinegar

1 ½ 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 fry

1. 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.