

Sweet and Sour Pork



what you need

- 500g John Penny pork fillet, trimmed and cubed
- 2 tbsp soy sauce
- 2 tbsp white wine vinegar
- 2 tbsp tomato purée
- 1 tbsp caster sugar
- 2 tsp toasted sesame oil
- 2 tsp cornflour
- 150ml chicken stock or water
- 1 tbsp groundnut oil
- 2 peppers, deseeded and cubed
- 1 bunch of spring onions, trimmed and chopped
- 5cm piece root ginger, peeled and thinly sliced
- 1 large clove garlic, thinly sliced
- 1 x 400g pack cubed fresh pineapple

Preparation time: 20 mins

Cooking time: 20 mins

Serves: 4

how to cook

- 1 In a bowl, mix together the soy sauce, vinegar, tomato purée, sugar, sesame oil, cornflour and stock or water. Set aside.
- 2 Heat the groundnut oil in a wok or large frying pan and when really hot add the pork and stir-fry for 5 minutes until coloured all over.
- 3 Add the peppers and spring onions and stir-fry for a further 5 minutes until softened, then stir in the ginger and garlic and cook for another minute.
- 4 Stir in the sauce then let it simmer for a couple of minutes or until the pork is cooked through. Add the pineapple and any juices in the pack and heat through.
- 5 Serve with noodles.