

# Tropical Pork & Pepper Medley



**Preparation time:** 5 mins

**Cooking time:** 20 mins

**Serves:** 4

## how to cook

- 1 Place diced pork shoulder in a bowl and add 2 teaspoons chilli powder. Toss together to coat the pork.
- 2 Heat 1 tablespoon olive oil in a large frying pan over a medium heat. Add the onion, peeled and finely sliced, and fry until soft. Add the pork and cook until it begins to brown.
- 3 Drain pineapple cubes, reserving the pineapple juice. Pour the juice into the pan with the pork, stir, and simmer for around 10 minutes.
- 4 Add the mixed peppers and the pineapple cubes and continue to cook for another 5-10 minutes until the pork is cooked through and the sauce has thickened slightly.
- 5 Prepare the rice, following pack instructions.
- 6 Garnish the pork with fresh coriander, finely chopped, and serve with the rice on the side.

## what you need

- 445g John Penny pork shoulder, diced
- 2 teaspoons chilli powder
- 1 tablespoon olive oil
- 1 onion, finely sliced
- 1 tin pineapple cubes
- 500g mixed peppers
- 250g easy cook rice
- fresh coriander