

Sweet and Sour Pork



Serves: 4 Prep Time: 10 mins Cook Time: 20 mins OK to Freeze?: 

Complexity:  

Ingredients

- 1 cup basmati rice
- 400g pork scotch fillet steak, cut into 2cm bite-size pieces
- ½ cup vegetable oil
- ½ cup plain flour
- ½ red onion, cut into thin wedges
- 1 clove garlic, crushed
- ½ red capsicum, diced
- ½ yellow capsicum, diced
- 225g can pineapple pieces in syrup, drained with juice reserved
- 2 green onions, thinly sliced for garnish



Sweet & Sour Sauce

- ⅓ cup dark brown sugar
- ¼ cup tomato sauce
- 2 tablespoons white vinegar
- 1 tablespoon soy sauce
- ⅓ cup reserved pineapple juice
- 1 tablespoon Worcestershire sauce
- 1 tablespoon cornflour

This dish is well balanced because it contains the three main nutrients: proteins, carbohydrates and fats, also for the inclusion of vitamins and minerals. Remember to remove all the visible fat before cooking to reduce the content of unhealthy fats.

Method

For the rice

1. Bring a large pot of salted water to the boil and add the rice. Cook rice for 12 minutes or until softened. Drain through a large sieve then set aside in a warmed bowl, covered with plastic wrap.

For the pork

2. Most importantly make sure your pork is at room temperature before cooking.
3. Combine all sauce ingredients together in a small bowl and set aside.

4. Place the flour in a large freezer bag along with the pork pieces and shake well to cover each piece.
5. Tip out into a large sieve to remove excess flour. Shake off excess flour.
6. Place a couple of sheets of kitchen paper onto a heat proof plate and set aside.
7. Heat the oil in a wok or large, deep, frypan over high heat for around three minutes. Test by placing a little piece of onion in the pan, if it sizzles, its ready.
8. Cook the pork in two batches until well browned. Using a large slotted spoon remove and drain the pork then place on the paper lined plate and set aside. Repeat with remaining pork.
9. Carefully tip all but two tablespoons of oil in to heatproof dish and set aside to cool.
10. Heat the remaining oil for one minute. Over high heat, cook the onion, garlic and capsicum for two to three minutes. Return the pork to the pan along with the pineapple, and sauce ingredients.
11. Cook on high, stirring and turning the food constantly to cook evenly for a further two to three minutes or until the sauce boils and thickens.
12. Transfer the pork to a serving dish and garnish with a little finely sliced green onion.

To serve

13. Re heat rice in the microwave for two minutes if required.

Comments



Probably located in the Fresh Foods aisle of the supermarket.



Known as Green onions, shallots or spring onions.

Probably located in the Spices aisle of the supermarket, at any Asian supermarket or Harris Farm.



The Megachef product is a better choice as it has less salt and is gluten free.