



Sweet and sour pork

Recipe by School Food Matters



Serves 4-6



45 minutes

INGREDIENTS

- 350g skinless pork, diced
- 1½ tsp Chinese five spice
- 2 tsp canola oil
- 1 onion, diced
- 1 large garlic clove, crushed
- 1 tsp ginger, crushed
- 500g frozen vegetable mix (carrot, capsicum, corn, snow peas, broccoli)
- ½ tin crushed tomato
- 125g crushed pineapple in juice
- 1 tbsp apple cider vinegar
- 1 tbsp salt-reduced soy sauce
- 2 tbsp apricot nectar
- 3 tbsp brown sugar
- 110ml water
- White rice, to serve

DIRECTIONS

1. Place a large pan on the stove over medium heat, and add oil to coat the bottom of the pan.
2. Place pork in a single layer to cover the bottom of the pan. Leave for 2 minutes and then turn, and cook until browned.
3. Add the onion and cook, stirring until it becomes translucent and softens. Add the garlic, ginger, and five-spice powder, and cook for 1 minute until fragrant.
4. Add the sauce ingredients and simmer for 30 minutes.
5. Take the frozen vegetables out of the freezer and place into a bowl.
6. Continue cooking the sauce at a slow simmer until the pork is tender. Add the frozen vegetables and simmer for a final 10 minutes. If the sauce becomes too thick and starts to catch on the bottom of the pan, add more water to thin it out.
7. While the sauce is simmering, cook the rice according to the packet instructions in a saucepan or in a rice cooker.
8. Serve the sweet and sour pork over rice.



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