

Sweet and sour pork

(serves 4-5 people)

This is a traditional Chinese-style dish. You could replace the pork strips with quorn or tofu for a vegetarian version. It’s a good option for a speedy weeknight meal, but equally, it makes a lovely weekend treat meal. Serve with brown rice or noodles.

Ingredients

* 1 tsp vegetable oil
* 350g pork cut into strips
* 1 large red pepper, washed and sliced
* 6 spring onions, washed and sliced
* 450g pineapple in juice
* 2 tbsp sugar
* 2 tbsp cornflour\*
* 3 tbsp wine vinegar
* Juice of 1 lemon
* 3 tbsp light soy sauce\*

Method

1. Add the oil to a large pan, place the pork strips in the pan and cook for 5 minutes.
2. Add the red pepper and 5 of the spring onions, stir until softened.
3. In a bowl, add the drained juice from the pineapple, the soy sauce, lemon juice, sugar and vinegar.
4. Place the cornflour in another bowl and add the liquid mixture, first making a paste with a small amount of liquid and then slowly adding the rest, stirring.
5. Add this mix to the pan and heat until thickened.
6. Add the pineapple pieces and cook through.
7. Serve on top of noodles or rice.

\*Can contain or is one of the 14 common allergens