

# Sweet and Sour Pork Stir Fry

This dish is perfect for those busy weekday evenings and its easy on the purse too. The pork and pineapple are a perfect pair and create a very flavorful meal.

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**Prep Time:**

15 mins

**Cook Time:**

15 mins

**Total Time:**

30 mins

## Ingredients

- 1 pound pork loin, cut into bite-sized pieces
- 1 tablespoon Chinese five-spice powder
- ¼ cup vegetable oil, divided, or as needed
- ½ red bell pepper, cut into bite-sized pieces
- ½ yellow bell pepper, cut into bite-sized pieces
- ½ orange bell pepper, cut into bite-sized pieces
- ½ red onion, cut into bite-sized pieces
- 3 cloves garlic, chopped
- 1 cup chopped broccoli
- 1 cup fresh pineapple, cut into bite-size chunks
- ¼ cup sweet and sour sauce

## Directions

1. Place pork in a bowl, season with Chinese five-spice powder and mix well.
2. Heat 2 tablespoons oil in a wok over high heat; stir-fry pork until slightly pink in the center, about 5 minutes; remove pork to a plate. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C).
3. Add remaining 2 tablespoons oil to wok as needed; stir-fry red, orange, and yellow bell peppers with onion and garlic until crisp-tender, 3 to 5 minutes. Stir in broccoli and pineapple; stir-fry for 3 minutes more.
4. Stir pork and sweet and sour sauce into wok; stir-fry until pineapple is lightly browned, about 2 minutes.