



Sweet and sour pork

A tasty, fast Chinese favourite. This home-made version takes only 25 minutes - just as fast as going to the take-away store.



Time to prepare: 15 minutes



Time to cook: 10 minutes



Serves 4

Ingredients

- 1/2 tablespoon oil
- 350 grams lean pork, cut into thin strips
- 1 large onion, diced
- 1 green capsicum, chopped
- 1 carrot, thinly sliced

- 1 stalk celery, sliced
- 1/2 cup frozen green beans
- 1 can pineapple pieces in juice (440 grams)
- 1 1/2 tablespoons vinegar
- 1 1/2 tablespoons tomato sauce
- 1 tablespoon brown sugar
- 2 teaspoons crushed ginger
- 1 tablespoon low-salt soy sauce
- 1 tablespoon cornflour
- 1/4 cup water

Method

1. Heat oil in non-stick fry pan. Add pork and stir fry until browned.
2. Add onion, capsicum, carrot, celery and beans. Stir fry for around 5 minutes.
3. Drain pineapple, but save 1/2 cup of the juice.
4. Add pineapple juice, vinegar, tomato sauce, brown sugar, ginger and soy sauce to pan. Stir.
5. Cover pan with lid and simmer for around 5 minutes (until vegetables are tender).
6. In a cup, mix cornflour with water, then stir into pan.
7. Add pineapple pieces. Bring to the boil then remove from heat.
8. Serve with rice.

Notes

You might also like...



Easy cheesy burgers

Fast and tasty! Kids can help mix and shape the burger patties. Get the kids to build their own burger with their favourite salad ingredients.

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Fast n easy pizza

Instead of spending 20 minutes waiting for a store-bought takeaway pizza, why not try making your own delicious pizza? A much healthier alternative too.

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Eating together

Try to eat together as often as possible and let the family know in advance what time the meal will be ready.

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