



Sweet and Sour Pork

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| Country of Origin China | Continent Asia | Population (estimate) 1.4 billion | Capital Beijing |
| Time Zone UTC +8 | Official Language Chinese | Currency Renminbi | Age (median) 37.4 |

| Method | Ingredients | 2 Portions | 4 Portions |
|---|--------------------------|------------|------------|
| 1. Heat the vegetable oil in a pan over a medium heat, meanwhile in a bowl, combine the pork, cornflour and egg. 2. Deep fry the pork for two minutes – turning after a minute if it isn't fully submerged in the oil – set aside once done. 3. In a frying pan, fry the garlic for 30 seconds and then add the peppers and pineapple and cook for a further two minutes. 4. Add the sugar, vinegar and ketchup and bring to the boil. 5. Add the pork and warm through – serve with long grain rice. | Pork belly, cubed | 200g | 400g |
| | Cornflour | 100g | 200g |
| | Egg | 1 | 2 |
| | Pineapple, cubed | 1/6 | 1/4 |
| | Green bell pepper, diced | 1/2 | 3/4 |
| | Red bell pepper, diced | 1/2 | 3/4 |
| | Garlic clove, minced | 1-2 | 2-3 |
| | White wine vinegar | 150ml | 375ml |
| | Soft brown sugar | 75g | 150g |
| | Tomato ketchup | 70ml | 125ml |
| | Dark soy sauce | 1 tbsp | 2 tbsp |

| Hints and Tips | Equipment Needed |
|---|------------------------------|
| You can substitute pork for beef, chicken or even go vegetarian and only use cauliflower instead of pork belly. | Pan Knife |
| | Frying Pan Chopping Board |
| | Scales |

ALLERGENS

