

Chinese Pork

Prep time: 15 minutes Cooking time: 30 minutes



Ingredients

1 pack / 300g / 11oz pork - fat removed and cut into bite size pieces

2 onions, chopped

1 small red/green pepper, chopped

½ low salt stock cube dissolved in 275ml / 10floz / ½ pint boiling water

1 small tin / 225g / 8oz tin pineapple pieces in natural juice

50g / 2oz frozen peas

1 teaspoon low salt soy sauce

1 tablespoon cornflour mixed into a paste with a little cold water

Spray oil



Method.

- Brown pork in a frying pan with a little spray oil for 5 minutes, stirring regularly
- Add onion and pepper to the pan. Cook until the onion starts to brown
- Add stock. Cover and simmer for about 15 minutes
- Add the pineapple pieces, with the juice, peas and soy sauce and cook for 5 more minutes. Mix the cornflour to a runny paste with cold water. Stir into the pork to thicken
- Serve with boiled rice, noodles or potatoes and cooked vegetables

Tip!
A homemade version of a takeaway meal - low in salt but high in taste - try chicken or turkey instead of pork

