



Healthy Sweet and Sour Pork

NIBBLEDISH CONTRIBUTOR

Ingredients

For 2:

2 pork steaks, cubed
200g pineapple chunks in juice
1 red pepper, chopped
1 celery stick, chopped
1 small carrot, chopped
Half a small onion
Some grated ginger
1 tbsp soy sauce
2 tbsp balsamic vinegar
1 tsp cornflour
1 tsp Chinese five-spice
Fresh coriander

Instructions

- 1) Marinade the pork cubes in the soy sauce of five-spice for at least 15 minutes.
- 2) Fry the pork cubes in some oil until almost cooked through. Remove from pan.
- 3) Add all of the vegetables and ginger into the pan, followed by the cornflour and a bit more soy sauce.
- 4) Return the pork to the pan and pour in the pineapple chunks including the juice, along with the vinegar.
- 5) Leave to simmer until everything is nice and hot, adding more cornflour if you want the sauce to be a bit thicker.
- 6) Stir in some fresh coriander and serve with steamed rice.