



Asian Sweet and Sour Pork

Culinary Love Recipe

Ingredients (Part 1)

- 500g of diced pork
- 1 teaspoon of sugar
- 1 dessertspoon of cornflour
- 1 teaspoon of soy sauce
- ½ teaspoon of salt
- 1 egg

Method (Part 1)

1. Beat egg and mix with ingredients & let marinate for at least half an hour. When ready, heat about 2 tablespoons of oil and cook pork for about 5 minutes. Drain.

Vegetables (Part 2)

Ingredients

- 2 onions, largely diced
- 2 tomatoes, diced
- 2 red peppers, diced
- 1 green pepper, diced
- 1 cucumber, diced

Please note

Remove all seeds from tomato, peppers and cucumber.

Method (Part 2)

1. Prepare all vegetables and place into a large oven proof casserole dish. Place cooked pork in dish over the top.

Sauce (Part 3)**Ingredients**

- 1 Tablespoon of cornflour
- 12 Tablespoons of water
- 4 Tablespoon of sugar
- 1 Teaspoon of salt
- 1 Teaspoon of soy sauce
- 2 Tablespoons of vinegar
- 4 Tablespoons of tomato sauce
- 1 Tablespoon of chilli sauce.

Method (Part 3)

1. Mix all together, Pour over pork and prepared vegetables. Cook for 1 hour on 180'c in the oven.

