

Sweet Sour Pork Thai-Style Recipe

Ingredients:

350 g lean pork
2 tablespoons vegetable oil
4 garlic cloves, thinly sliced
1 small shallot, sliced
2 tablespoons Thai fish sauce
1 tablespoon granulated sugar
1 red capsicum, seeded and diced
½ cucumber, seeded and sliced
2 plum tomatoes, cut into wedges
115 g fresh pineapple, cut into small chunks
2 scallions, cut into short lengths
Ground black pepper

To garnish:

Coriander (cilantro) leaves
Scallions, shredded

Method:

Place the pork in the freezer for 30-40 minutes, until firm. Using a sharp knife, cut it into thin strips. Heat the oil in a wok or large frying pan. Add the garlic. Cook over a medium heat until golden, then add the pork and stir-fry for 4-5 minutes. Add the onion slices and toss to mix. Add the fish sauce, sugar and ground black pepper to taste. Toss the mixture over the heat for 3-4 minutes more. Stir in the red capsicum, cucumber, tomatoes, pineapple and scallions. Stir-fry for 3-4 minutes more, then spoon into a bowl. Garnish with the coriander (cilantro) and scallions and serve.

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