

Sweet & Sour Pork

Ingredients- Serves 4

70g Cornflour

50g Plain Flour

1 tsp Salt

2 Eggs

2 tbsp Water

500g Pork Scotch Fillet

Vegetable Oil, for frying

Spring Onion, for Garnish

Coriander Leaves, for Garnish

Steamed Rice, to Serve

Sweet & sour sauce

1 tbsp Peanut Oil

1 Green Capsicum, chopped

1 Carrot, sliced

1 Garlic Clove, crushed

115g Caster Sugar

125ml White Vinegar

1 tbsp Soy Sauce

2 tbsp Cornflour

425g can Pineapple Pieces in Natural Juices, drained

Method

1. For the sauce, heat oil in a saucepan over medium heat. Add the capsicum, carrot and garlic and cook for 3 minutes. Stir in the sugar, vinegar, soy sauce and (250ml) water until sugar dissolves. Combine the cornflour and 2 tablespoons water. Add to the pan and whisk until it comes to the boil. Simmer for 2 minutes. Stir in the pineapple. Set aside.
2. Combine the cornflour, plain flour, salt, eggs and 2 tablespoons water. Coat half the pork in the batter. Carefully deep fry in hot oil for 3-4 minutes until golden. Repeat.
3. Combine pork and sauce. Serve with rice, shallots, and coriander.



Pic for illustration purposes only. Recipe may vary in appearance to pic.