

Sweet and sour pork

Serves 4

Ingredients

- 1 red onion
- 1 small red capsicum
- 1 cups snow peas
- ½ punnet cherry tomatoes
- ½ head of broccoli
- 225g can of pineapple pieces, in juice
- 1 tablespoon balsamic vinegar
- 1 tablespoon reduced salt soy sauce
- 1 tablespoon no added salt tomato paste
- 2 teaspoons cornflour
- 500g lean pork, thinly sliced
- spray oil
- rice to serve



Method

1. Slice onion into thin wedges. Cut capsicum into strips. Trim and cut snow peas and halve cherry tomatoes. Cut broccoli into small florets. Drain pineapple and keep pineapple juice for sauce.
2. In a small bowl combine pineapple juice, vinegar, soy sauce, tomato paste and cornflour. Add 1 tablespoon of water and mix well.
3. Heat fry pan on high heat. Lightly spray pan with oil and cook pork strips in batches for 2-3 minutes until brown. Remove from pan and set aside.
4. Lightly spray pan with oil and add onion, capsicum and broccoli. Cook for 2 minutes. Add pineapple and cook for a further 3 minutes. Add sauce mixture, snow peas and cherry tomatoes. Return cooked pork to the pan and cook for 2-3 minutes.
5. Serve with rice and enjoy!

NUTRITION INFORMATION		
Servings per recipe: 4		
Average serving size: 410g		
	Per serve	Per 100g
Kilojoules (kJ)	2072	505
Protein (g)	40.0	9.8
Total fat (g)	3.6	0.9
- Saturated fat (g)	0.9	0.2
Carbohydrates (g)	72.0	18
- Sugars (g)	11.3	2.8
Fibre (g)	4.4	1.1
Sodium (mg)	250	61

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.