



quality pork cuts
from Cookstown



lovingly
prepared by
our chefs



for recipes you
can enjoy and
try at home!



sweet and sour pork

with pineapple
and red pepper

let's cook...

1. To make the sauce, blend together the vinegar, sugar, tomato purée, cornflour, pineapple juice and soy sauce. Transfer the mixture to a pan, bring to the boil and simmer gently until the mixture thickens.
2. Season the pork with a little salt and pepper and fry in a hot wok with a little vegetable oil until browned. Add the peppers and cook for a further 2 minutes.
3. Now pour the sauce over the pork along with the pineapple and bring to the boil. Reduce heat and simmer for about 20 minutes on a low heat.

time to dish up...

Serve with basmati rice or noodles and dress with some chopped spring onion.

You can add whatever vegetables you like to this dish, to bulk it out. The end result is an affordable and incredibly tasty meal.

ingredients

500g diced Cookstown pork fillet
2x roughly chopped red peppers
One small can of chopped, drained pineapple
Salt and pepper

for the sauce

2 tablespoons malt vinegar
1 1/2 tablespoons sugar
1/2 tablespoon tomato purée
1 dessertspoon cornflour
1 1/2 tablespoons soy sauce
1/4 pint water
Pineapple juice (drained from can)

serving suggestion

Basmati rice
Coriander
Spring onion

↑
serves 4

