



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

HOT & SOUR PORK

Time: 30 minutes

Serves: 4

Ingredients:

2 teaspoons extra-virgin coconut oil
1 pound pork tenderloin – sliced
1 teaspoon salt
½ teaspoon fresh ground black pepper
½ cup chicken stock
14 ounce can pineapple chunks – juice reserved
1 tablespoon freshly grated ginger
1 red chili pepper – thinly sliced
1 teaspoon five-spice powder
1 tablespoon soy sauce
1 tablespoon sherry vinegar
1 green bell pepper – seeded and sliced
15 ounce can baby corn – drained
½ cup flat-leaf parsley

Preparation:

Heat the coconut oil in a suitable pot or Dutch oven on medium-high. Season the pork with the salt and pepper, cooking for two minutes on each side or until lightly browned.

Add the stock, pineapple juice, ginger, chili, five spice, soy sauce and vinegar. Bring to a boil on high.

Stir in the bell pepper and baby corn. When it returns to a boil, reduce heat to simmer covered for three minutes.

Gently stir in the pineapple and cover for three more minutes.

Stir in the parsley and serve immediately.

Nutritional Information Per Serving:

Calories: 231
Fat: 6g
Carbs: 20g
Fibre: 2g
Protein: 25g