**Sweet and Sour Pork**

Serves 2-3

125-250 g Boneless pork, cubed

 1 Egg

22 ml Flour

f.g. Pepper

1 ml Salt

30 ml Vegetable oil

1/2 Green pepper, cubed

125 ml Celery, sliced diagonally

125ml Carrot, sliced diagonally

125 ml Pineapple chunks ( reserve juice for later)

Sauce:

15 ml Cornstarch

15 ml Soy sauce

45 ml Vinegar

90 ml Reserved pineapple Juice

**Method:**

1. Make rice as per instructions.
2. Coat pork by dipping in beaten egg and then dredge in flour mixed with salt and pepper.
3. Combine sauce ingredients in a liquid measure.
4. Heat wok over medium-high heat; add oil. Stir-fry meat until golden 3 minutes.
5. Add vegetables and stir-fry 2-3 minutes more.
6. Add pineapple and stir-fry 1 minute.
7. Add sauced and cook until clear and thickened – 1 minute.
8. Serve hot with rice.



**How to Cook Jasmine Rice**

Serves 4/5 – Make 1 per group

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| **Jasmine Rice**250ml rice375ml water1ml salt |

1. Measure all three ingredients into a medium pot that has a tight fitting lid.
2. Put lid on pot and turn heat to high.
3. When water boils, lift the lid and give the rice a quick stir with a fork.
4. Replace the lid. Lower heat to the lowest setting on the stove.
5. Set timer for 15 minutes. DO NOT PEEK DURING THIS TIME!
6. After 15 minutes, you should see ‘fish eyes’ on the surface of the rice and the kernels should have absorbed all the water.
7. Lightly, with a fork, lift the rice a few times to fluff it up.

