

Soy and Pineapple Pork (or Chicken)

Ingredients

- 5 x 15ml spoons (5 tablespoons) Soy Sauce
- 432g can pineapple slices in natural juice
- 5 tablespoons clear honey
- 300g boneless pork loin fillet, thinly sliced
- 2 tablespoons vegetable oil
- 1 red pepper, deseeded and roughly chopped
- 1 yellow pepper, deseeded and roughly chopped
- Spring onions
- 15g cornflour



Method:

1. Mix the soy sauce, juice from the pineapple, and honey in a bowl. Marinate the pork in the mix for 10 minutes.
2. Blend half the pineapple in a food processor. Roughly chop the remaining fruit.
3. Drain the pork, reserving the marinade and pat the meat dry with kitchen paper.
4. Place a large frying pan or wok over a high heat. Add the oil and stir-fry the pork for 3-4 minutes.
5. Add the peppers, pineapple and spring onions and stir-fry for a further 4 minutes.
6. Pour in the reserved marinade, bring to the boil and simmer for 2 minutes.
7. Mix the cornflour with a little water and stir into the sauce. Cook until the sauce thickens and serve with rice or noodles.