

COMPLETE MEAL

Sweet and Sour Pork

Slices of succulent pork stir fried with vegetables in a sweet and sour sauce and served with Chinese noodles.

Makes 10 portions (275g/portion)

Ingredients

| | | |
|-------------|------------|--|
| 400g | | 7 Green Gourmet Pork Loin Steaks 57g (GG code – 7916) |
| 11g | (1 tblsp) | oil |
| 150g | (1 large) | onion, chopped |
| 200g | (3 medium) | carrots, cut into thin strips |
| 200g | | mushrooms, sliced |
| 175g | (1 medium) | red pepper, thinly sliced |
| 400g | | sweet and sour ready to use sauce |
| 500g | | medium egg noodles (dry weight) |

Method

1. Defrost the Green Gourmet Pork Loin Steak in a refrigerator overnight.
2. Add the noodles to boiling water, and cook according to manufacturer's instructions. Drain and refresh under cold water.
3. Cut the pork loins into strips. Heat the oil and stir fry the pork strips for 5 minutes until browned. Add the onion and carrots and continue cooking until soft.
3. Stir in the mushrooms, peppers and sweet and sour sauce and cook for a few minutes until the mushrooms and peppers have softened.
4. Mix in the noodles and continue cooking until piping hot.

Serving Suggestions

Try varying this recipe by using different flavour sauces. Kung Po and Sweet Chilli work very well with the recipe ingredients.

A good grab and go meal when served in a noodle pot.

Nutritional analysis (per 100g COOKED)

| | | | | | |
|---------------|-------------|-------------|------------------|----------------|----------------|
| Energy (kcal) | Fat (g) | Satd FA (g) | Carbohydrate (g) | NME Sugar (g) | NSP fibre (g) |
| 91.7 | 1.7 | 0.3 | 14.5 | 0.9 | 1.0 |
| Protein (g) | Iron (mg) | Zinc (mg) | Calcium (mg) | Vitamin A (µg) | Vitamin C (µg) |
| 5.1 | 0.5 | 0.6 | 11.3 | 139.6 | 6.4 |
| Folate (µg) | Sodium (mg) | | | | |
| 6.7 | 88.1 | | | | |

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