

Simple Sweet & Sour Vegetable and Pork

Recipe by Chef Taya Meeikeaw

Ingredients

2 tablespoons	vegetable oil
1 teaspoon	garlic, chopped finely
¼ cup	onion, cut into chunks
150 grams	pork tenderloin, sliced
¼ cup	pineapple, cut into bite sizes
1 cup	vegetables of your choice, cut evenly into bite size pieces
	such as capsicum, tomato, cucumber, zucchini and carrot etc
½ cup	spring onion, cut into 4cm pieces *optional
1 tablespoon	corn starch + 2 tablespoons of water

Stir Fry Sauce

1 tablespoon	oyster sauce
1 tablespoon	white sugar
2 teaspoons	white vinegar
2 tablespoons	tomato sauce
⅓ cup	water

Garnish

a small handful	spring onion, thinly sliced
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Method

1. In a wok or frying pan, add oil over medium heat.
2. Toss in garlic, onion and pineapple. Sauté until the onion is translucent and fragrant.
3. Add sliced pork and tossed until cooked just half way.
4. Place 1 cup of vegetables and increase to high heat. Stir and cook until warm yet crunchy.
5. Pour in the stir fry sauce with ⅓ cup water.
6. Bring to the boil and remove from the heat.
7. Stir and pour in *HALF* of the corn starch+water mixture.
8. Return the wok to low heat. Stir well until thicken, add more of corn starch and water mixture until the desired consistency achieved.
9. Fold in the spring onion and stir.
10. Remove from the heat, garnish and serve on steamed jasmine rice

Serves: 1 healthy person or 2 light marathon runners

Preparation & Cooking Time: 10 minutes



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