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Recipe of The Month May 2015

I made this for dinner last week, its a recipe from one of the Leon cookbooks.

Admittedly, it looks rather unpleasant while its cooking (I was certain it was going to be a total disaster), then it comes together at the end and is really very nice. Its called 'sweet and sour', but honestly, its more like a slightly spicy stew.

There's enough to easily feed two, and a little left over for lunch for one the next day.



What I'm Cooking: Sweet & Sour Pork

Serves: 2 with leftovers for lunch for one the next day

Prep: 10 mins

Cook: about 1 hour

Ingredients

- 500g diced pork
- 1 tsp Chinese five spice powder
- 1" ginger, cut into matchsticks
- 2 cloves garlic, finely chopped
- 1 chilli (or however much you want!)
- 50ml rice wine vinegar
- 300ml chicken stock
- 1 tsp corn flour
- 1 red pepper, cut into chunks
- 1 green pepper, cut into chunks

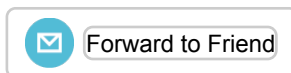
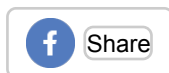
- 1 onion, cut into chunks
- 100g raw cashew nuts
- Handful coriander
- Juice of 1 lime
- Glug of soy sauce

Method

1. Start by heating some oil in a lidded pan, then fry the pork until it's browned.
2. Add the five spice, ginger, garlic and chilli, stir and allow these to cook for a minute.
3. Keeping the pan hot, add the vinegar and cook until it has almost all cooked away.
4. Add the chicken stock, reduce the heat, pop a lid on the pan and leave it to cook for about 45 minutes, until the meat is really tender.
5. Mix a teaspoon of corn flour with some water, then add this to the pot to thicken the sauce.
6. Add the chopped peppers and onions and the cashew nuts, pop the lid back on the pot and leave until the veg is cooked. If you've still got too much sauce after this, you can boil it to reduce it.
7. When its cooked, finish with some lime juice, coriander and soy sauce and serve with a little rice.

Until next time, enjoy staying healthy!

Best wishes,



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