

Healthy sweet and sour pork with ginger rice

When you live a modern lifestyle it's easy to give in to the temptation of stopping at the local takeaway on your way home from a busy day, rather than cooking something healthy at home. Here's a healthy sweet and sour pork recipe that solves the problem.

While a good Chinese takeaway may be tasty, there's always the concern of additives, MSG and unnatural flavouring, not to mention loads of sugar! This healthy sweet and sour pork recipe uses natural ingredients, is light and easy, and only takes 30 minutes to make. Now you can indulge in one of your favourite takeaways with none of the worry and double the yum.

Serves: 4-6

Ingredients:

- 250ml pineapple juice
- 1 1/2 Tbsp soy sauce
- 3 Tbsp apple cider vinegar
- 3 Tbsp brown sugar
- 150ml water
- 1 Tbsp cornflour
- 4 pork chops, deboned and cubed (you can also use chicken instead of pork)
- 170g (small tin) drained pineapple chunks or fresh pineapple chunks if you prefer.
- 2 Tbsp grated fresh ginger
- 2 cups jasmine rice
- Salt to taste

Instructions:

1. In a large bowl, whisk together the pineapple juice, soy

sauce, vinegar, and brown sugar until well mixed and the sugar is dissolved.

2. Heat a large pan on a medium/high heat and place the cubed pork and pineapple chunks in it.
3. Cook until the meat is no longer pink inside, but be sure to not cook it too long or it will be very dry.
4. Set the pork and pineapple to one side while you prepare the sauce and rice.
5. In a medium-sized pot heat up water and add in the jasmine rice, ginger and a pinch of salt.
6. Boil the rice for 2 minutes then reduce the heat to low. Cook for 15 – 18 minutes until most water is absorbed.
7. While the rice cooks you can make the sauce.
8. Pour the pineapple juice into a large saucepan and add the water and cornstarch. Whisk quickly so that the cornstarch dissolves without getting lumpy.
9. Turn heat to high and bring the sauce to a boil, letting it boil until it begins to thicken (about 1 minute) stirring constantly.
10. Turn the heat down to medium and cook, stirring frequently, until the sauce thickens – about 5-7 minutes more. Please note that it thickens up quite a bit, so don't cook it too long.
11. Remove the rice from the stove and allow to sit for 5 minutes to fluff up.
12. Return the pork and pineapple to the pan with the sauce and make sure they are thoroughly coated.
13. Serve together with the ginger rice and enjoy your healthy sweet and sour pork.