

Slimming World Sweet & Sour Pork



Serves 4 Prep 5 mins

Cooking 25 mins

Easy

Ingredients

500g pork loin steak, visible fat removed, cut into strips

vegetable oil

Salt & freshly ground black pepper

1 large onion, thinly sliced

1 red pepper, deseeded and cut into strips

2 large carrots, peeled and cut into matchsticks

200g sugar snap peas, halved lengthways

¼ tsp Chinese five-spice powder

1 level tbsp cornflour

4 tbsp tomato purée

1 tbsp white wine vinegar

4 tbsp light soy sauce

150ml chicken stock

400g dried egg noodles

1. Place a wok or large frying pan over a high heat. Sprinkle the pork with a little oil and season well. When the pan is hot, add the pork and stir-fry for 5-6 minutes or until cooked through. Transfer to a plate, cover and set aside.
2. Oil the pan and keep over a high heat. Add the onion, pepper, carrots and sugar snap peas and stir-fry for 5-6 minutes. Return the pork to the pan and cook for a further 3-4 minutes until piping hot.
3. Meanwhile, in a bowl mix 2 tbsp water with the Chinese five-spice powder, garlic, cornflour, tomato purée, white wine vinegar, soy sauce and stock. Add the mixture to the pan, stir and reduce the heat to low. Cook for 3-4 minutes until thickened.
4. Cook the noodles according to the packet instructions. Remove the wok or frying pan from the heat and stir in the pineapple. Drain the noodles and divide between 4 warmed bowls. Spoon over the pork mixture and serve.