

Sweet and Sour Pork

Ingredients

50g rice	2 different colored peppers
3 tbsp. Ketchup	2 garlic cloves
1 tbsp. vinegar	A piece of ginger
1 tsp. sugar	1 piece of pork
2 tbsp Soy sauce	1 heaped tbsp. of plain flour
$\frac{1}{2}$ an onion	
$\frac{1}{2}$ egg	

Method

1. Cook and sieve rice when ready
2. Mix ketchup, vinegar, sugar and soy sauce together in a measuring jug.
(This will be the sauce)
3. Chop onion, peppers, garlic and ginger.
4. Whisk the egg in a small bowl.
5. Cut pork into cubes and mix well in the egg
6. In a plate add the flour, salt and pepper mix well.
7. Coat the pork in flour.
8. Fry pork and cook until its starts browning.
9. Add the onion, garlic, ginger and peppers. Fry for 5 minutes.
10. Season with Salt and Pepper.
11. Add the sauce and mix well, gently.
12. Simmer for 2 more minutes.
13. Serve with rice.