



Sweet and sour pork

15'
Hands on

30"
Hands off

10'
Cook Time

4-6
Portion(s)

1
Difficulty



Method

For the pork

- On a [chopping board](#), cut the meat into thin stripes.
- In a [bowl](#), add the meat, eggs, paprika, garlic, mustard, salt, and pepper. Mix.
- Add the flour and mix. Refrigerate for 20-30 minutes.
- Add the sunflower oil into a [frying pan](#) and place it over high heat until it heats.
- Fry the meat in two batches for 3-4 minutes until golden. Remove with a [strainer spoon](#) and transfer into a baking pan lined with paper towel.

For the sauce

- [Cut](#) the peppers, mushrooms, carrot, and spring onions into small pieces.
- Place a deep frying pan over high heat and add the sunflower oil.
- Add the vegetables and mix with a [wooden spoon](#) for 2-3 minutes until softened.
- Add the sugar, soy sauce, [chili sauce](#), meat, and mix. Cook for 2-3 minutes until the sauce thickens.
- Add the sesame oil and remove from the heat.
- Serve with [basmati rice](#) and parsley.

Ingredients

For the pork

- 500 g pork, neck, boneless
- 2 eggs
- 1 teaspoon(s) paprika, sweet
- 1 teaspoon(s) garlic, powder
- 1 tablespoon(s) mustard
- 1 tablespoon(s) salt
- pepper
- 60 g all-purpose flour
- 1 liter sunflower oil, for the frying

For the sauce

- 1 carrot
- 1 green bell pepper
- 1 red bell pepper
- 3 champignon mushrooms
- 2 spring onions
- 2-3 tablespoon(s) sunflower oil
- 20 g granulated sugar
- 50 g soy sauce
- 100 g [sweet chili sauce](#)
- 1 tablespoon(s) sesame oil

To serve

- basmati rice
- parsley, fresh

Διατροφικός πίνακας

Nutrition information per portion

370 Calories (kcal)	17.0 Total Fat (g)	5.6 Saturated Fat (g)	31.0 Total Carbs (g)
19%	24%	28%	12%
21.0 Sugars (g)	21.0 Protein (g)	3.1 Fibre (g)	3.4 Sodium (g)
23%	42%	12%	57%