

# Sweet and Sour Pork Stir Fry



**PREP TIME : 8 MIN**

**COOK TIME : 10 MIN**

**SERVES : 2**

## **Ingredients :**

- **2 boneless centre cut pork loins chopped, cut into 1-inch cubes (about 10 oz/300g)**
- **2 tsp (10 mL) VH soya sauce**
- **2 tbsp (30 mL) vegetable oil**
- **1 sweet red pepper, cut into 1-inch cubes**
- **1 sweet green pepper, cut into 1-inch cubes**
- **1 onion, cut into cubes**
- **1 1/2 cups (352 mL) canned, drained pineapple chunks**
- **2 pouches (160 mL each) VH Sweet and Sour Stir Fry Sauce**
- **4 green onions, thinly sliced**

## **Directions :**

- 1. Stir together pork and VH Soya Sauce in a bowl until well coated.**
- 2. Heat oil in a large non-stick skillet set over medium-high heat. Add red and green peppers and onion; stir-fry for 1 minute.**
- 3. Stir in marinated pork and pineapple; stir-fry for 5 minutes or until pork is no longer pink inside.**
- 4. Stir in VH Sweet and Sour Stir Fry sauce; bring to a boil. Boil gently for 1 minute until mixture is thoroughly coated and sauce is warmed through.**
- 5. Serve garnished with green onion slices over warm rice.**