



## QNE Sweet And Sour Pork Recipe

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Preparation Time	10
Cooking Time	15
Serving Size	4

### Ingredients:

#### BATTER

- 1/4 cup flour, all-purpose
- 1/4 cup cornstarch
- 1/2 cup water
  
- 400 g pork, lomo/tenderloin, sliced into 1 x 1-inch cubes
- 1 Tbsp oil
  
- 1 Tbsp oil
- 1/3 cup onion, red, quartered
- 1/3 cup bell pepper, green, cut into 1-inch diamonds
- 1/3 cup bell pepper, red, cut into 1-inch diamonds
- 1 pack DEL MONTE Quick 'n Easy Sweet and Sour Mix (57g), dissolved in 1/2 cup water

### Preparation:

1. Mix the flour, cornstarch, and water. Add the pork. Drop the pork into the hot oil, piece by piece. Fry until golden brown. Set aside.
2. Heat the oil, add the onion, bell peppers and sauté for 30 seconds.
3. Add the dissolved DEL MONTE Quick 'n Easy Sweet & Sour Mix. Cook until the sauce is thick. Add the cooked pork.

### Chef's Tip

Cornstarch in the batter produces a thin crispy coating to the pork as compared to using just flour.

### Lusog Notes

This Quick 'n Easy Sweet and Sour Pork dish is rich in vitamin B1 which helps convert food into energy, as well as in the normal functioning of nerves and muscles. It is also a source of vitamin A that promotes good vision and healthy skin.

### Cooking Skills Needed

- Boiling
- Frying
- Simmering

### Cooking Tools

- Measuring Cups
- Spatula
- Chopping Board

- Measuring Spoon

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