

Less than 30 minutes

Serves 2-3

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Ingredients:

- Sweet and sour sauce:
 - 1 Tbsp (15ml) sesame oil
 - 2 spring onions, sliced
 - 4 cloves garlic, chopped
 - 2 tsp (10ml) chopped fresh ginger
 - 3 Tbsp (45ml) tomato paste
 - 2 Tbsp (30ml) honey
 - 1/2 can (220g) pineapple chunks, drained
 - 2 Tbsp (30ml) rice vinegar
 - 2 Tbsp (30ml) Worcestershire sauce
 - 1/4 cup (60ml) soy sauce
 - 1/4 cup (60ml) water
 - 2 tsp (10ml) cornflour
 - 1 lemon wedge
 - Salt and milled pepper

- 500g deboned pork leg
- Salt and milled pepper
- Oil, for deep-frying
- 1/3 cup (80ml) cake flour
- 1/4 cup (60ml) cornflour
- 2 eggs
- 1 onion, chopped
- 2 red, green or yellow peppers, deseeded and chopped
- Handful sesame seeds

- Flatbreads or egg-fried rice, lime wedges and sliced spring onion, for serving

Method

1. For sauce, heat oil in a wok or large pan and fry spring onion, garlic and ginger for 2 minutes.
2. Add tomato paste and honey and cook for 2 minutes.
3. Add pineapple, rice vinegar, Worcestershire and soy sauces and water, and simmer gently for 5 minutes.
4. Mix a little cold water with cornflour.
5. Whisk this paste into sauce and cook for 2-3 minutes until thickened.
6. Season with lemon juice, salt and pepper.
7. Cut pork into large chunks and season generously.
8. Heat enough oil in a pot for deep-frying.
9. Combine flours in a bowl and whisk eggs in a separate bowl.
10. Dip pork chunks into flour, then egg, and again into flour.
11. Deep-fry pork in batches for 5-6 minutes or until cooked through and golden. Set aside to drain on paper towel.
12. Fry onion and peppers in a glug of oil in a pan until golden.
13. Add sweet and sour sauce and pork, and toss to coat evenly.
14. Season, sprinkle with sesame seeds and spring onion, add a squeeze of lime juice and serve with flatbreads or egg-fried rice.