



Red Sweet Pepper Pork

Cooking time: 8 to 10 minutes

Ingredients :

- 1 pork fillet
- 1 ginger cut in 5cm pieces
- 3 garlic cloves
- 1 red pimento
- 2 red sweet peppers
- 4 tomatoes
- 1 can pineapple pieces
- sunflower oil
- 15ml sesame oil
- 45ml rice vinegar
- 60ml soya sauce
- 30ml honey
- 250ml chicken stock
- 15ml corn starch

Preparation :

Slice the pork fillet. Finely slice the ginger, garlic and red pimento. Seed the sweet pepper and slice them. Dice cut the tomatoes. Strain the pineapple. Heat up the sunflower oil in the *Chirurgical Stainless Steel* wok. Add the pork, ginger, garlic, pepper. Set aside. Heat up oil in the *Chirurgical Stainless Steel* wok, add the sweet pepper and remove. Repeat with the tomato. Add the pineapple, sesame oil, vinegar, soya sauce, honey, chicken stock, the pork and mix. Serve on rice or Chinese noodles.