



PORK & PINEAPPLE

ON BROWN RICE

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 30 minutes

This saucy pork and pineapple makes a great family dinner, especially for lovers of sweet and savoury meals! It's quick to whip up, and nutritious too, thanks to brown rice and servings of both veg AND fruit.



PORK & PINEAPPLE

- 425g can pineapple slices in juice (15oz)
- 1/2 cup boiling water (125ml)
- 1 1/2 Tbsp brown sugar
- 1 Tbsp dark soy sauce
- 2 tsp tomato paste
- 1/2 tsp chicken or vegetable stock powder
- 1/2 tsp Chinese five spice
- 550g pork leg steaks (1lb 3oz)
- 2 Tbsp cornflour
- 4 tsp olive oil, divided

TO SERVE

- 2 x 250g microwave packets brown rice (2 x 8.8oz)
- 1 1/2 cups frozen peas and corn (240g)
- 250g green beans (8.8oz)
- 2 tsp sesame seeds

1. PORK AND PINEAPPLE

Drain juice from the tinned pineapple into a bowl. Take 1/4 cup (60ml) juice and place in a medium jug together with the boiling water, sugar, soy sauce, tomato paste, stock powder and Chinese five spice. Whisk until well combined.

2. Season pork all over with salt and pepper, then sprinkle with cornflour to coat.

3. Heat 1 teaspoon oil in a large frying pan on medium-high. Fry pineapple slices for a couple of minutes each side, until lightly browned. Remove from pan onto a plate.

4. Add remaining 3 teaspoons oil to pan, then cook pork for 3 minutes each side, until golden brown and almost cooked through. Return pineapple to pan, then pour sauce over the top. Reduce heat to medium-low and simmer gently for about 5 minutes. You can add a little more pineapple juice (or some water) if sauce thickens too much.

5. PREPARE SERVING INGREDIENTS

Meanwhile, microwave rice according to instructions on packet. Place peas and corn in a microwave-safe dish and microwave for 2-3 minutes, until hot. Trim ends off beans, place in another microwave-safe dish and cook for 1-2 minutes, until tender. Mix peas and corn into rice.

6. SERVE

Divide rice (with peas and corn) between individual serving plates. Top with pork, pineapple and sauce and sprinkle with sesame seeds. Add green beans on the side (you can drizzle these with a little olive oil and season with salt and pepper, if you like).



WINE MATCH: A dry Riesling.

PORK AND PINEAPPLE RECIPE NOTES

GLUTEN-FREE OPTION: If you can't find gluten-free dark soy sauce, use regular gluten-free soy sauce instead. Choose gluten-free chicken stock powder and make sure you choose gluten-free cornflour.

INGREDIENT SWAPS / NOTES: Dark soy sauce adds a richer flavour to this dish; however, if you don't want to buy it specially you can use regular soy sauce. Pork leg steaks can be swapped for boneless, skinless chicken thighs or chicken tenderloins. You can add a little more flavour to your rice by choosing a flavoured microwave rice - try savoury chicken rice or coconut rice.

STORING AND REHEATING: Store individual portions in the fridge and reheat in the microwave. Alternatively, store and reheat the pork and rice separately so that the rice doesn't absorb as much of the sauce. Beans can be refrigerated and reheated with the rice.