

GF Friendly

Pork Tropicana

Tenderised pork in a tropical fruit sauce

I'd thought about something like this for a while, and as I happened to have a can of pineapple chunks in the pantry, and half a can of water chestnuts in the freezer, I decided to give it a go. I guess the inclusion of other tropical fruit like mango would work well, but I didn't have any. Only half a can of pineapple was used – the rest went into a jelly for dessert. The dish is sweeter than those we usually have, so it made a pleasant change. I resisted the urge to add extra spices – you may like to try some.

- 300g diced pork
- 200g pineapple chunks
- 1 onion, coarsely chopped
- 1 small capsicum, sliced
- ½ can sliced chestnuts
- ½ can (200ml) condensed chicken soup
- 1 tsp ground ginger
- 2 tsps chicken stock powder
- ½ cup water
- 200ml coconut milk
- 1 tsp light Soy sauce



In a wok or deep frying pan, stir-fry the onion and capsicum for 5 minutes and set aside. Sear the diced pork in the same pan before adding the stock powder and ginger. Toss to coat, stir in the water, bring to the boil; then turn down to simmer covered for 20 minutes. Add the coconut milk, leave the cover off and continue simmering a further 10 minutes to reduce the liquid.

Next, put in the pineapple chunks, water chestnuts, the onion and capsicum, chicken soup and Soy sauce. Combine well and cook on medium low for 20 minutes to reduce.

This can be left covered to be re-heated later, when you can further reduce the liquid for a thicker sauce if you prefer.

Serves 4 with rice or noodles

okay to freeze

A Season of Happiness - helping you towards a better lifestyle



For a look at some more informative articles on a variety of subjects just return to the web page