



Day 20
Serves: 4-6
Preparation time:
15 min
Cooking time:
30 min

Ingredients:

- 1 small onion, finely chopped
- 1 leek
- 2 apples, cored
- 1 green pepper
- 750g pork, cubed
- 1 tablespoon (15ml) flour
- 1 tablespoon (15ml) **IMANA NO.1 SOUP Chicken Flavoured**
- Oil to fry
- 1 x 410g can pineapple pieces (retain juice for sauce)

For the sauce:

- 3 tablespoon (45ml) **IMANA SUPER-SHEBA Tomato & Onion Stew Mix**
- 1 tablespoon (15ml) **IMANA NO.1 SOUP Chicken Flavoured**
- 1 tablespoon (15ml) soy sauce
- 3 tablespoons (45ml) vinegar
- 2 tablespoons (30ml) sugar or honey
- ¼ cup (65ml) pineapple juice

Method:

1. Slice onion, leek, apples and green pepper.
2. Mix the flour and 1 tablespoon of **IMANA NO.1 SOUP Chicken Flavoured**. Toss the pork cubes in the flour and soup powder and coat well.
3. Heat oil and fry pork until lightly browned on all sides. Lower heat and add apples, pineapple pieces, onion, leek and green pepper. Continue cooking over a low heat for about 10 minutes.
4. For the sauce, mix ingredients together. Add to pan and stir until mixture thickens.
5. Serve pork on fluffy white rice.



This Recipe Uses