

Szechuan Pork

Pork strips in a Szechuan and tomato sauce

A friend topped up my Szechuan spice container, so figured I'd give this a try. It tasted okay except for the capsicum which I found a bit too crisp. You might prefer this; if not, cook the vegies for a little longer.

Marinade

1 tsp Szechuan spice
1 tsp sesame oil
1 Tbsp medium dry sherry

200g pork strips
½ capsicum, cut in strips
½ onion, cut in strips through the core
½ can (200g) diced tomatoes
1 Tbsp olive oil



Mix together the marinade ingredients in a small bowl, then stir in the pork strips ensuring they get a good coating. Cover and rest for an hour to marinate in the fridge.

Warm the olive oil in a pan, put in the pork with the marinade and lightly fry for at least 10 minutes, turning frequently. Increase the heat a little, add the onion and capsicum, combine well and fry for 15-20 minutes, stirring occasionally until the capsicum is soft enough for you.

Finally put in the diced tomatoes and heat for a further 15 minutes.

This can be served immediately, or the heat turned off and left covered to be re-heated later.

Serves 2 with rice or noodles

should be okay to freeze

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