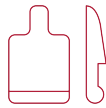# Sweet & Sour Pork Fillet

DIFFICULTY: EASY

PREPARATION TIME: 20 MINUTES

COOKING TIME: 25-30 MINUTES

SERVES: 4

Ingredients

800g Pork fillet, cut in half crossways, trimmed of any sinews

1 tbsp vegetable oil

1 brown onion, halved and sliced thinly

1 each small red, green and yellow capsicums, thinly sliced into ½ cm strips

227g tin crushed pineapple in natural juice

2tbsp sesame seeds, toasted

1 spring onion, sliced thinly on the diagonal

For the marinade

2 tbsp Korean chilli paste (Gochujang)

¼ cup light soy

¼ cup dark soy

1tbsp sesame oil

2tbsp mirin

1tsp Chinese 5-spice

1tbsp tomato paste

Method

Mix all ingredients for the marinade in a small bowl. Place the pork fillet into a plastic glad bag. Spoon ¼ of the marinade into the bag to coat the pork fillet. Marinate for at least 2 hours or overnight. Reserve the remaining marinade.

Preheat your oven on Slow Cook function at 100° Line a universal tray with baking paper.

Heat a large fry pan with the vegetable oil on Induction/Flame select Level 8. Add the onion and capsicum and saute for two minutes. Remove and spread evenly across the lined universal tray. Wipe the excess marinade from the pork and add to the fry pan. Sear the pork on all sides until sealed. Place the seared pork on top of the vegetables.

Place into the oven on level 3 and cook for 25-30 minutes, depending on the thickness of your pork. If your oven allows you to use a meat probe on slow cook function, cook to 63°

While the pork cooks, add the remaining marinade to a small saucepan. Add the crushed pineapple and juice. Heat on Induction/Flame select level 7 until the mixture comes to a boil. Keep the sauce warm.

Once cooked, rest the pork for 5 minutes, then thickly slice.

Spoon a generous amount of sauce onto four warmed plates. Top with the vegetables and pork. Drizzle a little more sauce. Serve with rice and steamed greens.

Garnish with toasted sesame seeds and spring onions.

1tbsp rice wine vinegar

1tsp fresh ginger, finely grated

2 cloves garlic, minced

Notes