



bit spicy

Thai Sweet and Sour Pork and Prawns

Thai Sweet and Sour Pork is a classic dish found throughout South East Asia, but our version has a distinctive Thai flavour, and the combination of pork and prawns is delicious. It should be hot, but it is up to you how hot! This takes less time to cook than the rice, so get everything lined up!

Serves 4

INGREDIENTS

- 2 tbsp each of: oyster sauce, soy sauce, brown sugar
- 3 tbsp fish sauce
- 1 tbsp white vinegar (coconut vinegar if you have it)
- 1 tbsp sweet chilli sauce
- fresh chillies, finely chopped (variety and quantity depends on your personal preference!)
- 450g lean pork, thinly sliced
- 250g cooked prawns
- 2 tbsp vegetable oil
- 4 cloves garlic, crushed
- 1 green pepper, sliced
- 200g green beans, cut into bite-sized pieces
- 2 dried lime leaves, finely chopped
- 1 tbsp corn flour, mixed with a little water

RECIPE

1. Mix the sauces with the sugar, vinegar and garlic.
2. Heat the oil in a wok and quickly fry the pork with the chillies until browned (a couple of minutes will be enough).
3. Add the sauce mixture with the cornflour and bring to the boil. Add a slosh of water if it is looking too thick.
4. Add the pepper and beans and cook for a couple of minutes.
5. Add the prawns and lime leaves and heat through. If you like your sauce thinner, add a little more water.
6. Serve with rice.

Cook's notes

- You can add green vegetables such as broccolli, mange tout or pak choi.