

Recipe for...

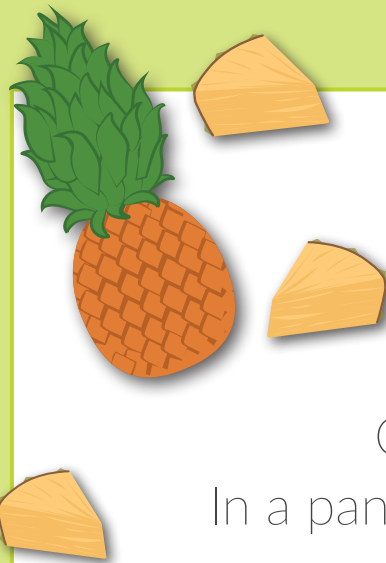
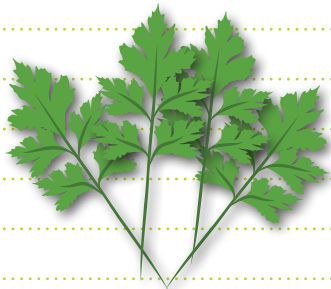
Pineapple & Pork Skewers

Ingredients:

- 400g of pork fillet
- 4tbsp light muscavado sugar
- 1tsp of fish sauce
- 1/2 a small pineapple
(peeled, cored and cut into chunks - or use ready prepped fresh pineapple, drained well).
- 1 green pepper
- 4 spring onions
- 60ml of cider vinegar
- Cooked rice or pitta, to serve

Optional:

- Small bunch of coriander, chopped



Method:

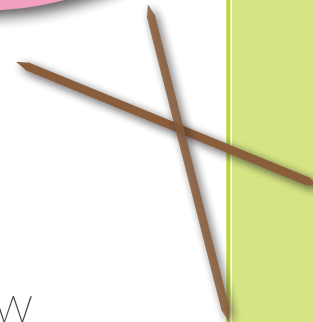
Step one:

Cut the pork into chunky cubes.
In a pan, heat the sugar and vinegar over a low heat, until the sugar melts.

Once the sugar has melted, add the fish sauce and allow it to cool down.

Tip in the pork and mix well so that all the chunky cubes are covered in the sauce!

Next - Chop your other vegetables into chunks, such as the red pepper and spring onions!



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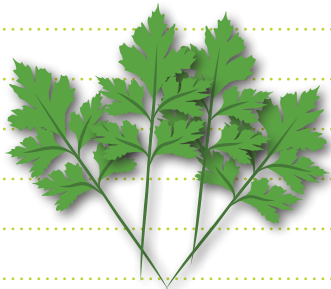
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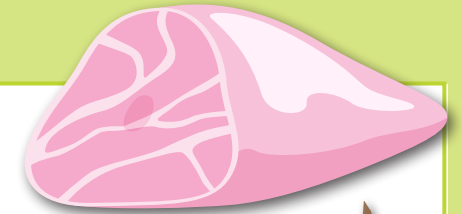


Method:

Step two:

If the weather permits... heat the barbecue!
Remember, if you're using coals, you must wait until they turn white.

If the barbecue isn't an option and you're indoors, heat a griddle pan. Thread the pork and pineapple onto skewers, alternating chunks of pepper and spring onion in between your pork and pineapple.



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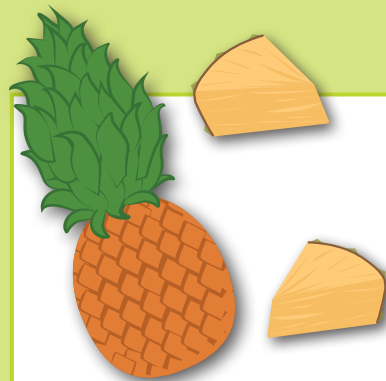
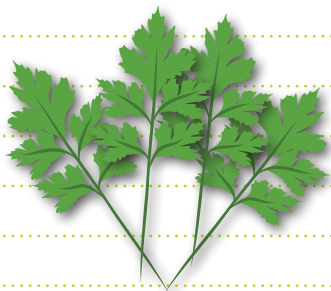
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- 4 spring onions
- 60ml of cider vinegar
- Cooked rice or pitta, to serve

Optional:

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Method:

Step three:

Using your chosen cooking method (either the barbecue or griddle), cook the skewers for 3-4 minutes each side. (Note - you may need to cook them for longer if you're using a griddle. Once the juices that come out of the pork run clear or are very faintly pink, the pork is done cooking.) Once cooked, sprinkle with a touch of coriander, if you like, then serve with rice or slide into pitta breads.



Enjoy!

