



Sweet & Sour Pork

This is a bright, light take on sweet & sour pork that's studded with plenty of pineapple, carrots, and wedges of tomato.

Ingredients

makes 4 servings (approx 1¼ cups each)

- 2 Tbsp peanut or canola oil, divided
- 4 tsp reduced-sodium soy sauce, divided
- 2 tsp plus 1 Tbsp rice wine or dry sherry, divided
- 1½ tsp plus 2 tsp cornstarch, divided
- ⅛ tsp ground white pepper
- 1 pound trimmed boneless pork shoulder or butt, cut into ¼" thick, bite-sized slices
- 2 Tbsp pineapple juice (or juice from can of pineapple)
- 1 small tomato, thinly sliced into wedges
- 2 Tbsp distilled white vinegar
- 1 Tbsp minced, fresh ginger
- 1 tsp sesame oil
- ¼ tsp salt
- ¼ cup finely chopped scallions
- 1½ tsp light brown sugar
- 2 cups chopped fresh pineapple (bite-sized pieces) or drained canned pineapple chunks



Nutrition Facts

Per serving: 313 calories; 17g fat (5g saturated, 8g monounsaturated); 65mg cholesterol; 21g carbohydrate; 2g added sugars; 19g protein; 2g fiber; 421mg sodium; 457mg potassium

- ½ cup sliced carrot (¼" thick)
- 1 Tbsp ketchup

Preparation

Combine ginger, 2 tps soy sauce, 2 tsp rice wine (or sherry), 1½ tsp cornstarch, salt, and pepper in a medium bowl. Stir in pork and sesame oil until well combined. Combine pineapple juice, vinegar, ketchup, and brown sugar in a small bowl. Stir in the remaining soy sauce, rice wine (or sherry), and cornstarch. Heat a 14" flat-bottomed wok over high heat until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl 1 Tbsp peanut (or canola) oil into the wok. Carefully add the pork and spread in one layer. Cook undisturbed, letting the pork begin to sear, for 1½ minutes. Then, using a metal spatula, stir-fry until the pork is lightly browned but not cooked through, 1 minute. Transfer the pork to a plate. Swirl the remaining oil into the wok, add carrots and stir-fry for 30 seconds. Return the pork with any juices to the wok. Add tomato and scallions and stir-fry for 30 seconds. Swirl in the pineapple juice mixture, add pineapple, and stir-fry until the pork is just cooked through and the sauce is lightly thickened, 1 to 2 minutes more.