

OVERALL time: 50 mins

SWEET AND SOUR PORK WITH COCONUT STICKY RICE

Think it's time to expand your culinary repertoire? This **Cape Herb & Spice Chinese 5 spice** sweet and sour pork with coconut sticky rice is sure to be a hit at the dinner table. We show you just how easy it is to make.

Metric

Number of servings : 4

ingredients

For the coconut sticky rice

- 250 ml Jasmine Rice
- 250 ml Coconut Milk
- 250 ml Water
- 7 ml **Cape Herb and Spice Atlantic Sea Salt - Ceramic**

For the sauce

- 125 ml Tomato Sauce
- 100 ml Apple cider vinegar
- 60 ml Muscovado sugar
- 1 Clove of garlic, finely minced
- 7 ml **Cape Herb and Spice Chinese 5 Spice**
- 10 ml Soy Sauce
- 15 ml Corn Flour
- 60 ml Water

For the vegetables and pork

- 1 red bell pepper, cut into bite size cubes
- 1 green pepper, cut into bite size cubes
- 1 yellow pepper, cut into bite size cubes
- 1 white onion, cut into bite size cubes
- 400 g pork fillet, cut into bite size cubes
- 250 ml corn flour, mixed with half tsp salt

- 1 extra large egg, whisked
- vegetable oil, for frying

To garnish

- coriander leaves
- thinly sliced spring onions
- thinly slices, deseeded red chilli (optional)

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 25 mins | COOKING TIME: 25 mins

Start by making the rice, as that takes longest. Soak the rice for 15 minutes in cold water, then drain. Add the rice to a saucepan along with the 250ml coconut milk, 250ml water and salt. Cover and cook over very low heat for 15 minutes. Use a fork to stir the rice and taste. If it's not done, cook it for a further 5 minutes until cooked through. *(Cook's tip: if you prefer plain sticky rice instead of coconut sticky rice, simply replace the 250ml coconut milk with another 250ml water.)*

To make the sauce, add all the sauce ingredients (except the water and corn flour) to a small saucepan and boil, lid on, over low heat for 5 minutes. Mix the corn flour and water and stir it into the sauce. Boil for a further two minutes to thicken and remove from the heat.

Fry the onions and peppers in a hot pan with 15ml vegetable oil for just a few minutes – you still want plenty of crunch. Add the vegetables to the sauce.

Dust the pork cubes in corn flour, then dip them in the whisked egg and again in corn flour. Deep fry the pork in hot oil for a minute. Spoon the cubes out and place on a cooling rack lined with paper towel. Bring the oil back up to a very high heat and fry them again for a further minute or two until pale golden. (Frying them twice is the key to getting the pork crispy.) Drain pork on paper towel, then combine the meat with the hot sweet and sour sauce and serve right away while the pork is still crispy with steaming coconut sticky rice.

Recipe by Lizet Hartley Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she – rather predictably – cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://www.capeherb.co.za>

Metric

ingredients

For the coconut sticky rice

- 250 ml Jasmine Rice
- 250 ml Coconut Milk
- 250 ml Water
- 7 ml **Cape Herb and Spice Atlantic Sea Salt - Ceramic**

For the sauce

- 125 ml Tomato Sauce
- 100 ml Apple cider vinegar
- 60 ml Muscovado sugar
- 1 Clove of garlic, finely minced
- 7 ml **Cape Herb and Spice Chinese 5 Spice**
- 10 ml Soy Sauce
- 15 ml Corn Flour
- 60 ml Water

For the vegetables and pork

- 1 red bell pepper, cut into bite size cubes
- 1 green pepper, cut into bite size cubes
- 1 yellow pepper, cut into bite size cubes
- 1 white onion, cut into bite size cubes
- 400 g pork fillet, cut into bite size cubes
- 250 ml corn flour, mixed with half tsp salt
- 1 extra large egg, whisked
- vegetable oil, for frying

To garnish

- coriander leaves
- thinly sliced spring onions
- thinly slices, deseeded red chilli (optional)

Number of servings : 4

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 25 mins | COOKING TIME: 25 mins

Start by making the rice, as that takes longest. Soak the rice for 15 minutes in cold water, then drain. Add the rice to a saucepan along with the 250ml coconut milk, 250ml water and salt. Cover and cook over very low heat for 15 minutes. Use a fork to stir the rice and taste. If it's not done, cook it for a further 5 minutes until cooked through. *(Cook's tip: if you prefer plain sticky rice instead of coconut sticky rice, simply replace the 250ml coconut milk with another 250ml water.)*

To make the sauce, add all the sauce ingredients (except the water and corn flour) to a small saucepan and boil, lid on, over low heat for 5 minutes. Mix the corn flour and water and stir it into the sauce. Boil for a further two minutes to thicken and remove from the heat.

Fry the onions and peppers in a hot pan with 15ml vegetable oil for just a few minutes – you still want plenty of crunch. Add the vegetables to the sauce.

Dust the pork cubes in corn flour, then dip them in the whisked egg and again in corn flour. Deep fry the pork in hot oil for a minute. Spoon the cubes out and place on a cooling rack lined with

paper towel. Bring the oil back up to a very high heat and fry them again for a further minute or two until pale golden. (Frying them twice is the key to getting the pork crispy.) Drain pork on paper towel, then combine the meat with the hot sweet and sour sauce and serve right away while the pork is still crispy with steaming coconut sticky rice.

Recipe by Lizet Hartley Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she – rather predictably – cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://www.capeherb.co.za>