

## SWEET AND SOUR GINGER PORK CASSEROLE

HEALTHY  
PICK



 Serves 4



### INGREDIENTS

- 1 Tbsp oil
- 500-600 g casserole pork, cut into 3cm pieces
- 2 onion, peeled and diced
- 1 Tbsp grated fresh ginger

### METHOD

1. Heat the oil in a lidded frying pan and brown the pork and onions.
2. Add the ginger, **Wattie's Stir Fry Sweet and Sour Sauce**, orange juice and dried apricots or peaches. Cover and simmer gently for 40 minutes.

- 420 g can **Wattie's Stir Fry Sweet and Sour Sauce**
- 1 cup orange juice (preferably fresh)
- 10-12 dried apricots or peaches, halved
- 4-5 cups **Wattie's Frozen Stir Fry Mix**

3. Stir in the **Wattie's Frozen Stir Fry Mix**, cover and simmer for a further 5 minutes until the vegetables are heated through.

4. Serve over fluffy boiled rice garnished with cashew nuts if wished.

For more great pork recipes, visit [www.pork.co.nz](http://www.pork.co.nz)