

## Sweet & Sour Pork Mince Balls

**Feeds:** 4

**Time to cook:** Approximately 30 minutes

Take....

Lean minced pork  
Tomato ketchup  
Black pepper  
Onion  
Red pepper  
Baby sweetcorn  
Can pineapple chunks in natural juice  
Mango chutney  
Tomato ketchup  
Worcestershire sauce  
Tomato purée  
Frozen peas



Make....

- 1 Mix **450g(1lb) lean minced pork** with **30ml(2tbsp) tomato ketchup** and season with **black pepper**. Shape into 12 meatballs. Dry fry in a large lidded non-stick pan for 4-5 minutes until browned.
- 2 Add **1 onion**, chopped, **1 red pepper**, seeded and chopped, **150g(5oz) baby sweetcorn**, cut in half, **432g(approx) can pineapple chunks in natural juice**, **30ml(2tbsp) mango chutney**, **30ml(2tbsp) tomato ketchup**, **15ml(1tbsp) Worcestershire sauce**, and **30ml(2tbsp) tomato purée**. Mix well, cover and simmer for 15-20 minutes. During the last 5 minutes add **100g(4oz) frozen peas** and stir through.

Eat....

Serve with spaghetti, rice or noodles and perhaps extra peas.

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