



SWEET AND SOUR VEAL WITH PLEUROTUS MUSHROOMS AND RICE NOODLES

TOTAL PREPARATION TIME: 60 MINUTES – TOTAL COOKING TIME: 30 MINUTES

EQUIPMENT

- iCook 4-Litre Saucepan and Lid
- iCook Wok
- Knives
- Vegetable grater

INGREDIENTS

- 1 onion
- 1 sweet red pepper
- 1 sweet yellow pepper
- 300g pleurotus mushrooms
- 600g veal tenderloin
- 250g can of pineapple slices
- 1 clove of garlic
- 30g fresh ginger
- 300g rice noodles
- 100ml extra virgin olive oil
- 50g tomatoes chopped
- 2 tablespoons soy sauce
- Juice of 1 lemon

PREPARATION METHOD

1. Cut all the vegetables and mushrooms into strips, slice the meat into bite-sized pieces, cut the pineapple into cubes, reserving the juice for the sauce, and grate the garlic and ginger.
2. Boil the rice noodles in the iCook 4-Litre Saucepan, following the cooking time instructions on the packaging, then rinse with cold water.
3. Heat the oil in the iCook Wok, fry the veal for 2–3 minutes, remove and set aside.
4. Fry the garlic and ginger, then the mushrooms and vegetables. Add the pineapple and cook for 3–5 minutes.
5. Stir in the chopped tomatoes, soy sauce and lemon juice. Add some pineapple juice for a sweeter sweet-and-sour taste.
6. Add the meat and noodles to the vegetables, mix everything together thoroughly and present in a dish.

ABO Tip: Try the recipe out at home before presenting it to a crowd. “You’ll be surprised to see how much easier it is once you have rehearsed it in advance!” says ABO Cornel Robu