



- 1 pork tenderloin, cut into large cubes
- 1 medium red onion, cut in half and sliced into one inch pieces
- 1/2 bell pepper - any color - cut into one inch slices
- 2 - 1 inch thick pineapple slices, cubed
- 1/4 cup orange juice
- 1/4 cup soy sauce
- 1 TBS rice wine vinegar
- 1 tsp dried red pepper flakes
- 1 tsp sesame oil
- 1/4 cup freshly chopped cilantro leaves
- Salt, Pepper & Garlic Powder
- Olive oil

Season the pork generously with salt, pepper and garlic powder.

Heat a large skillet - or wok - with some olive oil. Add the pork cubes and start browning the meat. Add the onion and cook, stirring occasionally, until pork is browning more evenly. Add the peppers and pineapple. Stir and cook for another few minutes. Add the orange juice, soy sauce and red chili pepper flakes. Mix well and add the sesame oil. Allow everything to cook until liquid is almost gone and the meat and fruit are browned and cooked through. Add the chopped cilantro and remove from heat. Serve with rice.

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