

LEFT-OVER PORK CURRY



MINUTES TO PREPARE
10



MINUTES TO COOK
20



SERVES
2-4



INGREDIENTS

1 tbs rapeseed oil
1 onion, peeled and diced
1 carrot, peeled and diced
2 large tomatoes
1 tablespoon tomato puree
2 cloves garlic, peeled and crushed
1 knob fresh ginger, peeled and sliced
1 tsp turmeric
1/2 tsp ground cumin
2 cardamon pods, seeds only (discard pods)
200ml light coconut milk (use half water and half cream from a 400ml tin)
Maldon sea salt
Black pepper
Left-over pork, crackling removed and cut into chunks
2 tablespoons of left-over pork sauce if you have any

LET'S GET COOKING

- 1 Blitz the onion, carrot, tomatoes, ginger, garlic and spices in a blender (I use my Nutri-bullet as it makes it very fine).
- 2 Heat the oil in a large frying pan over a medium heat. Add the paste and cook off for 5 minutes, stirring continuously. Add the coconut milk and seasoning. Add the left-over pork and cook for 15 minutes over a gentle heat. Taste for seasoning – does it need some chilli, more salt or a squeeze of lemon or lime?
- 3 Serve with rice and broccoli.

"This is a brilliant quick-fix nutritious meal made with left-over roasted pork. If you don't have any left (I won't be surprised!) then you can use sliced chicken or turkey breasts, or chopped pork steaks or prawns."