

# PORK VINDALOO

**Preparation time:** 30 minutes

**Cooking time:** 1 ½ hours

**Serves:** 4

## Ingredients

750g diced pork  
2 tablespoons olive oil  
2 onions, thinly sliced  
4cm piece ginger, cut into matchsticks  
3 ripe tomatoes, diced  
2 green chillies, seeds removed, chopped  
1 teaspoon soft brown sugar  
25g chopped coriander leaved

### *Vindaloo marinade*

2 tablespoons curry powder, or to taste  
4 tablespoons white wine vinegar  
1 tablespoon malt vinegar

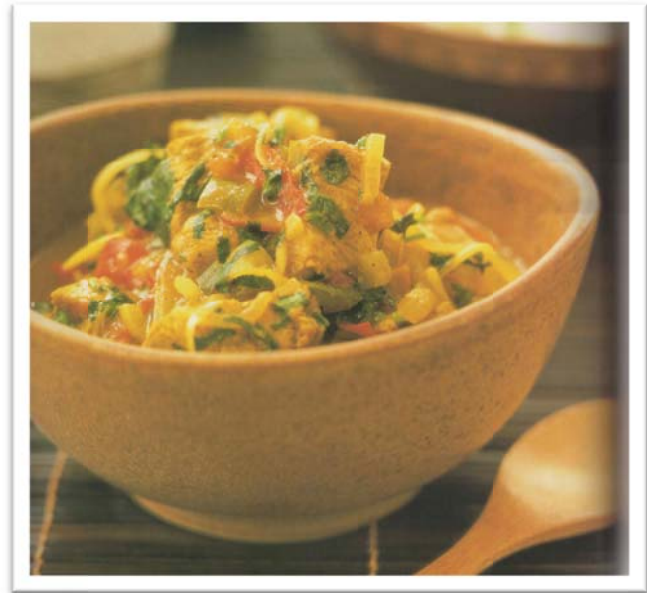
350g steamed basmati rice, to serve

## Method

1. To make the vindaloo marinade, combine the curry powder and vinegars together in a large non-metallic bowl and mix well
2. Add the pork to the bowl and toss to coat in the marinade. Cover and leave to marinate in the refrigerator for 1 hour (or more if you have time)
3. Heat the oil in a flameproof casserole dish over low heat and gently cook the onions until soft and golden. Add the garlic, ginger, tomatoes, chillies and sugar and stir well to combine. Add the pork (reserve the marinade), increase the heat and cook for 1-2 minutes, or until the meat is very tender (the cooking time depends on the size of the diced pork). Stir in the coriander just before serving
4. Serve the curry with the steamed rice

## Tips

You can make the vindaloo marinade yourself or, if short on time, you can substitute this for about 125g good quality ready-made vindaloo paste



## Nutritional Information:

Kilojoules 1905 kJ  
Calories 455 cal  
Protein 46 g  
Total fat 14 g  
Carbohydrate 34 g  
Sodium 250 mg  
Fibre 4 g