

GRAB and GO

Pork and Vegetable Curry in a Hurry

Keep the queues down by serving this tasty curry of pork, vegetables and lentils that is quick to make and quick to serve.

Makes 10 portions (205g/portion)

Ingredients

400g		7 Green Gourmet Pork loin Steaks 57g (GG code – 7916)
11g	(1 tblsp)	oil
225g	(2 medium)	onions, peeled and chopped
200g		mixed peppers, frozen, diced
100g	(1 large)	carrot, grated
500g		curry sauce
400g		tinned tomatoes, chopped
250g		cooked and drained lentils
200g		rice

Method

1. Defrost the Green Gourmet Pork loin Steaks in the refrigerator overnight.
2. Cut the Green Gourmet Pork Loin Steaks 57g into strips. Heat the oil in a saucepan, add the strips and stir fry until lightly golden brown.
3. Add the onions, peppers and carrot. Continue to stir fry until soft.
4. Add the curry sauce, chopped tomatoes and lentils.
5. Bring to the boil and simmer for 10 minutes.
6. Serve in a carton with boiled rice.

Serving Suggestions

Could also be served with savoury rice or as a complete meal.

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
120.5	3.7	0.6	14.7	1.3	1.3
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
6	0.9	0.7	23.7	83.2	7.5
Folate (µg)	Sodium (mg)				
7.3	168.6				

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