

All – In – One Spicy Pork & Rice

Serves 2 – 420 calories per portion



Ingredients

2 teaspoons	olive or other vegetable oil
1	onion, sliced into thick wedges
250g (9oz)	pork tenderloin, trimmed free of fat and cut into 1cm slices
50g (2oz)	chorizo sausage, skinned and cut into 5mm slices
2	garlic cloves, thinly sliced
1	red pepper, deseeded and sliced
1	orange pepper, deseeded and sliced
50g	green beans, trimmed and cut into short lengths
5	dried apricots cut into quarters (optional) or a handful of sultanas
1 tsp	ground cumin
1 tsp	ground coriander
½ tsp	smoked paprika
	brown rice, cooked in chicken stock
Pinch	salt and black pepper



Keighley Healthy Living

How to make this recipe

- Make up 1.5 pints (1 litre of stock) you will be using this to cook your rice, but also keep a few drops aside to use when cooking the other ingredients.
- Put the brown rice in a pan with plenty of boiling water and the chicken or pork stock cube. Simmer briskly for 20-25 minutes. Use a fork to test when the rice is cooked, it should be firm to your bite. When cooked drain and keep warm.

Meanwhile

- Season the pork with salt and black pepper and then cut into 1cm strips and set aside.
- Heat the oil in a large non-stick frying pan.
- Fry the onion, stirring regularly, over a medium heat-high heat for 3 minutes until softened.
- Add the pork to the pan and stir-fry with the onion on a high heat for 2 minutes until both are lightly browned.
- Add the cumin, coriander and smoked paprika and cook for 1 minute more.
- Add the chorizo, garlic, peppers and beans and stir fry together for 2 minutes more.
- If the mixture starts to stick to the pan, add a few drops of the reserved stock to keep it from doing so.
- Add the warm brown rice and dried fruit (if used) and heat through (this should take about 2 minutes).

Serve: in a bowl or plate

Optional: Add a splash of light soy sauce

KHL top tips:

- Chicken will work just as well as pork in this recipe
- Large prawns can be substituted for the chorizo
- Vegetarians can leave out the meat entirely and cook the same way, perhaps adding some extra vegetables, such as, broccoli, sweetcorn, plum/cherry tomatoes.

