



Pork loin in an aromatic chili nut sauce

30'

Hands on

90'

Cook Time

8

Portion(s)

1

Difficulty



Method

Photo credit: G. Drakopoulos - Food Styling: T. Webb

For the peanut butter chocolate paste

- Beat the peanuts, blanched almonds, cinnamon, cloves, cumin, chili flakes and finely chopped chocolate in a blender, until they are completely broken down.
- Add 1-2 tablespoons of olive oil and continue beating, until you create a paste.

For the pork loin

- Chop the pork loin in to 2.5 cm pieces.
- Place a pot over high heat without adding any oil.
- Let it get very hot and add the pork.
- Season with salt and pepper and stir.
- Add the onion and mix.
- Add the peanut butter chocolate paste and stir to combine.
- Add 1 liter of water and lower heat.
- Cover pot and simmer for 1-1 ½ hours. Season to taste.
- When ready, serve with [eggplant confit](#), some chopped parsley and black raisins.

Ingredients

For peanut butter chocolate paste

- 1-2 teaspoons bukovo chili flakes
- 70 g almonds, blanched
- 50 g peanuts
- ¼ teaspoon ground cumin
- ¼ teaspoon ground cinnamon
- 2 cloves of garlic, crushed
- 2 whole cloves
- 70 g dark chocolate couverture, finely chopped
- 1-2 tablespoons olive oil

For pork loin

- 900 g pork loin, boneless
- salt
- freshly ground pepper
- ¼ small yellow onion, finely chopped
- 1 liter of water
- [eggplant confit](#), to serve
- mint, finely chopped, to serve
- 100 g black raisins, to serve

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|---------------------------|--------------------------|-----------------------------|----------------------------|
| 323 Calories (kcal) | 17.0 Total Fat (g) | 4.8 Saturated Fat (g) | 12.0 Total Carbs (g) |
| 16% | 24% | 24% | 5% |
| 9.4 Sugars (g) | 30.0 Protein (g) | 2.3 Fibre (g) | 0.17 Sodium (g) |
| 10% | 60% | 9% | 3% |