



Pork stew with tomato and turmeric

25'
Hands on

150'
Cook Time

8-10
Portion(s)

1
Difficulty



Ingredients

- 1 1/2 kilo pork belly, boneless, skin off
- 4 tablespoon(s) olive oil
- salt
- pepper
- 1 onion
- 2 clove(s) of garlic
- 10 g ginger
- 1 tablespoon(s) all-purpose flour
- 50 g red wine
- 1 tablespoon(s) tomato paste
- 500 g water
- 400 g tomatoes
- 1 tablespoon(s) turmeric
- 1 teaspoon(s) cumin, seeds
- 1 teaspoon(s) coriander, seeds
- 3 sprig(s) rosemary

To serve

- 500 g basmati rice
- rosemary
- salt
- pepper

Method

- Place a **pot** over high heat.
- **Cut** the pork belly into 2 cm small pieces and spread 2 tablespoons olive oil, salt, and pepper.
- Transfer them to the pot and sauté for 5-6 minutes, until they are nicely golden brown. Remove, put them on a plate, and set it aside.
- Clean the pot, put it back on heat, and add 2 tablespoons olive oil.
- Coarsely chop the onion and the garlic, and add them to the pot.
- Add the ginger finely chopped, the flour, and mix. Then, add the pork, deglaze with the wine, and stir.
- Add the tomato paste, the water, and stir.
- Lower the heat to medium and add the tomatoes cut into pieces, the turmeric, the cumin, the coriander, the rosemary, and cover with the lid. Simmer for 2 to 2 ½ hours.
- Serve with basmati rice, rosemary, salt, and pepper.

Διατροφικός πίνακας

Nutrition information per portion

422 Calories (kcal)	31.0 Total Fat (g)	10.0 Saturated Fat (g)	5.2 Total Carbs (g)
21%	44%	50%	2%
2.9 Sugars (g)	30.0 Protein (g)	1.3 Fibre (g)	1.7 Sodium (g)
3%	60%	5%	28%