



Greek cabbage and pork stew – Lahania

15'

Hands on

35'

Cook Time

4-6

Portion(s)

1

Difficulty



Method

- Place the pressure cooker over high heat and add 2-3 tablespoons olive oil.
- Cut the pork into 3-4 cm pieces and add it to the pressure cooker. Season with salt and pepper, and sauté.
- Coarsely chop the onions and add them to the pressure cooker.
- Cut 2-3 cm of the chili pepper and add that piece to the pressure cooker. If you have a small pepper, add it directly inside.
- Add the bay leaf, paprika, water, thyme, and sauté.
- Seal with the lid, lower the heat to medium, turn the safety valve to the proper pressure indicator for the meat, and simmer for 20-25 minutes.
- Turn off the heat, and turn the safety valve so that the pressure cooker depressurizes. Alternatively, turn off the heat and allow 5-10 minutes for the pressure cooker to depressurize on its own.
- **Cut** the cabbage into large pieces, and divide its leaves.
- Add it to the pressure cooker, close the lid, turn the safety valve to the proper pressure indicator for the vegetables, and simmer for 5 minutes.
- Depressurize the pressure cooker again, remove the lid, and remove from the heat.
- Add the dill, the lemon zest and juice, and mix.
- **Serve** with the dill, lemon zest, olive oil, pepper, and salt.

Ingredients

- 1 kilo pork, neck, boneless
- 2-3 tablespoon(s) olive oil
- salt
- pepper
- 2 onions
- 1 chili pepper
- 1 bay leaf
- 1 teaspoon(s) paprika, sweet
- 500 g water
- 1 tablespoon(s) thyme
- 500 g cabbage
- 1/2 bunch dill
- lemon zest, of 1/2 lemon
- lemon juice, of 1/2 lemon

To serve

- 1 tablespoon(s) dill
- lemon zest, of 1/2 lemon
- 1 teaspoon(s) olive oil
- pepper
- salt

Διατροφικός πίνακας

Nutrition information per portion

377 Calories (kcal)	23.0 Total Fat (g)	8.7 Saturated Fat (g)	7.8 Total Carbs (g)
19%	33%	44%	3%
6.8 Sugars (g)	32.0 Protein (g)	4.0 Fibre (g)	1.6 Sodium (g)
8%	64%	16%	27%