



# 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 tablespoons olive oil
- salt
- pepper
- 2 onions
- 1 chili pepper
- 1 bay leaf
- 1 teaspoon sweet paprika
- 500 g water
- 1 tablespoon thyme
- 500 g white cabbage
- ½ bunch dill
- zest and juice from ½ lemon

To serve

- 1 tablespoon dill
- zest from ½ lemon
- 1 teaspoon olive oil
- pepper
- salt

## Διατροφικός πίνακας

Nutrition information per portion

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