

# Delicious Curried Pork with Pilau Rice

## Ingredients – Serves 2

- **350g Pork Mince**
- **1/2 red chilli**
- **1/2 tsp coconut oil**
- **1 garlic clove**
- **1 lime**
- **1 heaped tsp curry powder**
- **3 spring onions**
- **1 heaped teaspoon Chinese 5 spice**
- **1 thumb size piece of ginger**
- **5 chopped chestnut mushrooms**
- **1/2 a white cabbage**
- **200g of frozen peas**
- **Dash of low salt soy-sauce**
- **1 handful of fresh coriander**
- **1 Tilda packet of wholegrain Pilau Rice**
- **2 tablespoons of mixed cashews and peanuts**



## Method:

1. Heat a pan on a medium heat and fry off the pork mince for 10-12 minutes. Add the curry powder and Chinese 5 spice, stir through and add the chopped garlic and ginger and slice the cabbage, spring onions and mushrooms.
2. Keep things moving, stir the pork mince mixture and a minute later add the finely chopped cabbage, onions, mushrooms and peas.
3. Toss and cook for a further 4 minutes – add the soy sauce, squeeze over with lime juice.
4. Cook the wholegrain pilau rice in the microwave for 2 minutes, meanwhile crush and toast 2 tablespoons of mixed cashews and peanuts.

5. Serve out ½ the packet of rice between 2 dishes and spoon out the Pork Mince, squeeze the rest of the lime over the dish and sprinkle with coriander and the scatter with the toasted mixed nuts.
6. Serve with a lovely glass of sparkling water and slice of lime!