

Curried Pork with Sultana Flatbreads, Mint



Serves	Prep Time	Cooking	Total Time	Calories
4 people				553 kcal

Stuff that's in it:

- 1 Tsp Oil
- 500G 5% Fat Pork Mince
- 200G Brown Onions (Chopped)
 - 1 Tsp Garlic Paste
- 3 Cloves Garlic (Just Peeled)
 - 2 Tbsp Tomato Purée
 - 2 Beef Tomatoes (Sliced)
- Small Bunch Fresh Coriander (Chopped)
 - 100G Dried Basmati Rice
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 - Spice Mix:
 - 1 Tsp Garam Masala
 - 1 Tsp Mild Chilli Powder
 - 3 Cardamon Pods (Split)
 - 1 Tsp Mild Curry Powder
 - ½ Tsp Fenugreek Powder

- ½ Tsp Turmeric Powder
- ½ Tsp Cumin
-
- Mint Yogurt:
- 120G 0 Fat Naturally Yogurt
- ½ Tsp Mint Sauce ((Jarred))
- Squeeze Of Lemon Juice
- Salt And Pepper
- ½ Tsp Turmeric
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- Sultana Flat Bread:
- 200G 0 Fat Greek Yoghurt
- 200G Self Raising Flour
- 1 Tsp Baking Powder
- Bunch Or Fresh Coriander (Chopped)
- 30G Sultanas

What you do:

In a small food processor, blitz your onion until it's fine.

Mix all your spices and leaves together.

Add your onion and peppers to a large deep pan with the oil, heat gently and□□fry for a few minutes. Add the mince and mix everything together well whilst cooking the mince meat until it's brown all over.

Add the beef tomatoes or any tomatoes and heat through , lots of water will come out of the tomatoes making it very juicy, if you use tomatoes that aren't juicy, you can add some water (200ml).

Add the spices and stir through for a minute or 2.

Then add the tomato purée and coriander leaves and□□add the whole garlic cloves,□bring to a simmer.

Pop the lid on, reduce the heat and simmer for 15 minutes, then take the lid off and reduce for 5 minutes before serving.

Mint Yoghurt:

Mix everything together ... done.

Sultana Flat Bread:

In a large bowl, add your yoghurt, then sieve your flour and baking powder evenly until the bowl, use a

spoon to mix until combined.

Tip out into a floured surface and squeeze and knead briefly all over into a ball and gently turn several times until it begins to bind and become smoother. Dust the worktop with flour and roll into a sausage and cut into 4 even pieces.

Press coriander and sultanas in each one and roll up into a ball, then roll each one out, flipping over as you go, dusting with more flour on your pin or work surface if it restarts to stick. Heat up a large griddle pan or fry pan, get screaming hot and cook each one around 50 second each side until it puffs up and has golden brown markings, serve.

Nutrition

- Carbs: 72g
- Fat: 9g
- Protein: 43g

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