



Pork & chickpea curry

 Gluten Free  Dairy Free

READY IN



155 min.

SERVINGS



8

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tsp peppercorns black
- ☐ 2 tsp fennel seeds
- ☐ 1 tsp coriander seeds
- ☐ 2 tsp cumin seeds
- ☐ 1 tsp chili powder
- ☐ 0.5 tsp turmeric
- ☐ 2 garlic separated peeled
- ☐ 100 ml red wine vinegar

- ☐ 1.5 kg boston butt pork shoulder cut into 2½ cm pieces
- ☐ 50 ml vegetable oil
- ☐ 3 large onion red finely chopped
- ☐ 2 bell pepper red deseeded roughly chopped
- ☐ 400 g canned tomatoes chopped canned
- ☐ 2 tsp t brown sugar dark
- ☐ 800 g chickpeas drained and rinsed canned
- ☐ 450 ml chicken stock see
- ☐ 8 servings rice

Equipment

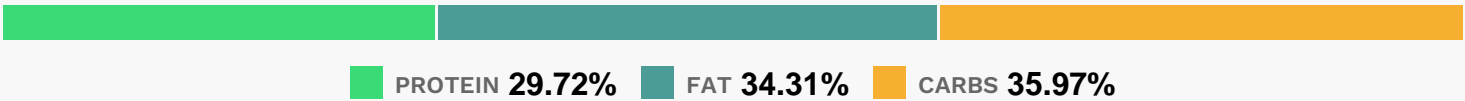
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat a small pan over a medium heat.
- ☐ Add the peppercorns, fennel, coriander and cumin seeds, and dry-fry for about 1 min, stirring constantly, until fragrant. Tip into a small food processor with the chilli powder and turmeric.
- ☐ Put the garlic in the pan and fry for 1–2 mins until flecked golden.
- ☐ Add the garlic and vinegar to the spices and process to a coarse paste.
- ☐ Put the pork in a bowl.
- ☐ Add the paste and mix with your hands to combine its best to use disposable gloves, as turmeric stains. Leave to marinate for 15 mins.
- ☐ Heat oven to 150C/130C fan/gas
- ☐ Heat oil in a flameproof dish and fry the onions until beginning to colour. Increase heat to high, add the pork and fry, stirring often, for about 10 mins until darkened.
- ☐ Add the peppers, tomatoes and sugar, and cook for 10 mins more until the tomatoes have reduced and the paste clings to the meat. Stir in the chickpeas and stock. Put on the lid, bring

to a simmer, then put in the oven for about 1 hrs until the meat is tender and the sauce thickened. Eat immediately with rice, or cool before freezing in batches for up to 3 months.

Nutrition Facts



Properties

Glycemic Index:31.99, Glycemic Load:8.02, Inflammation Score:-10, Nutrition Score:33.989999936975%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg

Nutrients (% of daily need)

Calories: 463.04kcal (23.15%), Fat: 17.8g (27.39%), Saturated Fat: 4.25g (26.56%), Carbohydrates: 41.99g (14%), Net Carbohydrates: 31.39g (11.41%), Sugar: 11.73g (13.03%), Cholesterol: 78.34mg (26.11%), Sodium: 252.93mg (11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.69g (69.39%), Vitamin B1: 1.23mg (81.97%), Manganese: 1.43mg (71.38%), Vitamin C: 48.59mg (58.9%), Selenium: 39.7µg (56.72%), Folate: 209.05µg (52.26%), Phosphorus: 462.14mg (46.21%), Vitamin B6: 0.89mg (44.37%), Fiber: 10.61g (42.43%), Zinc: 5.59mg (37.26%), Vitamin B3: 7.4mg (37.02%), Iron: 6.03mg (33.49%), Copper: 0.64mg (31.99%), Vitamin B2: 0.54mg (31.97%), Potassium: 1062.3mg (30.35%), Magnesium: 99.78mg (24.94%), Vitamin A: 1187.36IU (23.75%), Vitamin K: 20.75µg (19.76%), Vitamin B12: 0.96µg (16.01%), Vitamin B5: 1.54mg (15.4%), Vitamin E: 2.1mg (14.01%), Calcium: 115.84mg (11.58%)