



 **53%**  
HEALTH SCORE

## Slow Roasted Pork with Coconut Curry Sauce, Corn Tortillas, Fresh Tomato Salsa over Basmati Rice

READY IN



705 min.

SERVINGS



6

CALORIES



1141 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups rice
- 3 tablespoons butter
- 50 fluid ounces coconut milk (recommended: Chaokoh)
- 6 servings corn tortillas for serving
- 1 tablespoon cumin seeds
- 1 tablespoon fermented black beans chinese rinsed chopped
- 0.3 bunch cilantro leaves fresh

- 0.5 bunch cilantro leaves fresh
- 4 cloves garlic
- 5 tablespoons garlic finely chopped
- 6 servings garlic powder
- 5 tablespoons ginger finely chopped
- 6 servings penzey's southwest seasoning italian
- 0.3 jalapeno
- 1 jalapeno
- 2 juice of lime juiced
- 8 kaffir lime leaves
- 6 servings spicy paprika
- 1 poblano pepper
- 1 pork butt boneless (approximately 7 pounds)
- 1 onion red
- 6 servings salt and pepper
- 0.3 cup sesame oil
- 6 to 8 tomatoes
- 250 grams curry paste yellow (recommended: Mae Ploy)

## Equipment

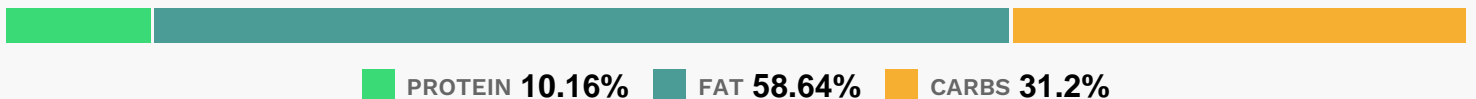
- bowl
- frying pan
- oven
- pot
- stove

## Directions

- Watch how to make this recipe.

- For the pork: Preheat the oven to 350 degrees F. Rub the spices into the pork and roast for about 8 hours.
- Let cool. Pull apart and discard any fat.
- Put the pork pieces in a large pot and add the coconut milk.
- Saute the curry paste, ginger, garlic, and black beans in sesame oil until fragrant, 3 to 4 minutes.
- Add this mixture to the pot with the pork and coconut milk.
- Add the lime leaves. Braise on low heat for 1 to 2 hours.
- For the rice: Blend the cilantro, jalapeno, garlic, and 1 cup of water. Put this mixture in a pot on the stove.
- Add the basmati rice.
- Add 2 1/2 cups water. Bring to a boil, and then simmer, covered, until the rice absorbs the liquid, 20 to 25 minutes. When done, add the butter and salt and pepper, to taste.
- For the salsa: Roast the jalapeno and poblano peppers, peel, and remove the seeds. Toast the cumin seeds and then grind. Dice the tomatoes and red onion and mix together in a bowl with the other salsa ingredients.
- Heat the corn tortillas on a griddle. Plate the rice, put the pork with sauce on top, and finish with salsa and tortillas.

## Nutrition Facts



## Properties

Glycemic Index:97.28, Glycemic Load:45.16, Inflammation Score:-10, Nutrition Score:44.152173830115%

## Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg

## Nutrients (% of daily need)

Calories: 1141.03kcal (57.05%), Fat: 76.98g (118.44%), Saturated Fat: 54.71g (341.93%), Carbohydrates: 92.15g (30.72%), Net Carbohydrates: 83g (30.18%), Sugar: 11.59g (12.87%), Cholesterol: 60.05mg (20.02%), Sodium: 352.39mg (15.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.01g (60.02%), Vitamin A: 10303.3IU (206.07%), Vitamin C: 145.34mg (176.17%), Manganese: 3.21mg (160.48%), Iron: 13.13mg (72.94%), Phosphorus: 637.24mg (63.72%), Vitamin B6: 1.2mg (59.92%), Magnesium: 205.26mg (51.32%), Copper: 0.98mg (49.19%), Selenium: 34.4µg (49.14%), Vitamin B1: 0.69mg (46.03%), Potassium: 1576.92mg (45.05%), Vitamin B3: 8.1mg (40.5%), Zinc: 5.67mg (37.83%), Fiber: 9.15g (36.61%), Vitamin B2: 0.46mg (27.3%), Vitamin B5: 2.72mg (27.24%), Folate: 106.32µg (26.58%), Vitamin K: 26.83µg (25.55%), Calcium: 224.22mg (22.42%), Vitamin E: 2.94mg (19.59%), Vitamin B12: 0.69µg (11.57%), Vitamin D: 0.45µg (3%)