



Thai pork & peanut curry



Gluten Free



Dairy Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 1 bunch spring onion sliced
- ☐ 1 small bunch cilantro leaves leaves picked finely chopped
- ☐ 400 g pork tenderloin sliced
- ☐ 4 tbsp curry paste red
- ☐ 4 tbsp peanut butter
- ☐ 1 tbsp brown sugar soft
- ☐ 1 tbsp soya sauce

- ☐ 400 ml lite coconut milk light canned
- ☐ 175 g baby corns
- ☐ 1 juice of lime
- ☐ 4 servings jasmine rice steamed

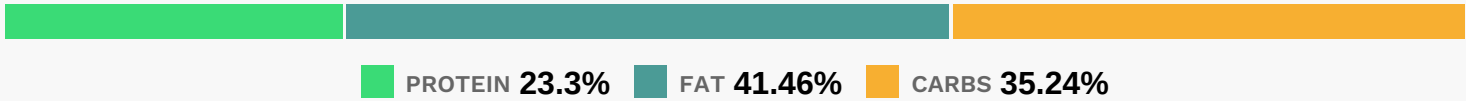
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat the oil in a large saucepan or flameproof casserole.
- ☐ Add the spring onions and coriander stalks and cook for 1 min.
- ☐ Add the pork slices and cook for 5 mins until starting to brown.
- ☐ Stir in the curry paste and peanut butter. After 30 secs, add the sugar, soy and coconut milk, plus can of water.
- ☐ Mix well, put a lid on and leave to simmer for 15 mins, stirring occasionally.
- ☐ Remove the lid, add the baby corn and increase the heat. Bubble for 3 mins until the corn is cooked and the sauce has thickened a little. Stir in the lime juice and check the seasoning. Can now be frozen for up to 2 months. To cook from frozen: thoroughly defrost, then heat in a pan on the hob until curry is hot all the way through.
- ☐ Serve scattered with the coriander leaves and rice.

Nutrition Facts



Properties

Glycemic Index:64.38, Glycemic Load:28.94, Inflammation Score:-9, Nutrition Score:24.379999824192%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg

Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 496.32kcal (24.82%), Fat: 22.74g (34.98%), Saturated Fat: 9.56g (59.76%), Carbohydrates: 43.49g (14.5%), Net Carbohydrates: 40.52g (14.74%), Sugar: 8.04g (8.93%), Cholesterol: 65mg (21.67%), Sodium: 446.82mg (19.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.75g (57.5%), Vitamin B1: 1.07mg (71.32%), Vitamin A: 2678.09IU (53.56%), Selenium: 37.1µg (53%), Vitamin B3: 10.04mg (50.18%), Vitamin B6: 0.99mg (49.5%), Phosphorus: 375.1mg (37.51%), Manganese: 0.74mg (36.92%), Vitamin B2: 0.42mg (24.63%), Vitamin K: 25.14µg (23.94%), Zinc: 2.99mg (19.96%), Magnesium: 79.29mg (19.82%), Potassium: 655.55mg (18.73%), Vitamin B5: 1.71mg (17.07%), Vitamin E: 2.13mg (14.17%), Copper: 0.25mg (12.56%), Iron: 2.25mg (12.5%), Fiber: 2.97g (11.87%), Vitamin C: 7.58mg (9.19%), Vitamin B12: 0.52µg (8.67%), Folate: 32.86µg (8.22%), Calcium: 54.15mg (5.42%), Vitamin D: 0.3µg (2%)