

Pork & Pineapple Curry

Ingredients

- 750 gms Pork Shoulder, cubed and most fat removed
- 50 gms Flour
- 1 tsp Salt
- 3 tsp Vegetable oil, or use spray
- 1 large Onion, chopped
- ½-¾ Yellow (or green) pepper, chopped
- ½-¾ Red pepper, chopped
- 1½ tsp Medium curry powder
- 1½ tsp Paprika
- 400ml Chicken stock
- 2½ tbsp Chutney (mango and/or tomato)
- 2 tsp Worcestershire sauce
- 225 gms Tinned Pineapple cubes, with juice
- 1 Bay leaf



Method

1. Coat the pork in flour and salt
2. Heat the oil and sear the meat
3. Add the onions and peppers then fry until soft
4. Stir in curry powder and paprika. Stir well and cook for a few minutes
5. Add the remaining ingredients and bring to a simmer
6. Transfer to a slow cooker and cook for 4-7 hours on a medium setting, or, in a preheated oven at 140°C for a minimum of 3 hours.