

**GF Friendly**

### Cajun Pork

#### Tender diced pork in a sweet and spicy tomato sauce

Any vegetables of choice would go well; and to spin it round a bit further, rice or noodles could be included. I just used fried pumpkin and sweet potato.

- 300g diced pork
- ½ an onion, coarsely diced
- 1 apple peeled, cored and coarsely diced
- 1 cup mushroom, peeled and chopped
- 1 Tbsp tomato paste
- 1 tsp Cajun spice
- 2 tsps chicken stock powder
- 1 Tbsp olive oil
- cold water



If using:

1-2 cups each of pumpkin and sweet potato cut in 2-3 cm pieces. Heat the oil in a deep frying pan or wok and stir-fry in batches to brown slightly. Drain on kitchen paper; then spread on an oven tray lined with baking paper and set aside until the pork is finished. The tray can then go in the oven to warm for about 5 minutes before serving along with the plates.

In the same pan as the vegetables, lightly sauté the diced apple for 2-3 minutes, then set aside to drain on paper towel. Now put in the Cajun spice and, once just starting to sizzle, stir-fry the diced pork for about 5 minutes to sear well. Add the onion and mushroom and continue cooking for another 5 minutes. Next, sprinkle on the stock powder, toss to mix; then add the tomato paste and sufficient cold water to cover, and some. Stir well to end up with a soup consistency.

Bring this to the boil, turn the heat down to simmer and cook partially covered for about half an hour, stirring occasionally. Put in the apple and cook a further half hour. Check the moisture content occasionally and add more water if needed to prevent sticking and burning. After this, liquid can be reduced by continuing to simmer with the cover left off. The finished product should be quite thick as in the photo. When it is, put the lid back on, turn off the heat; then re-heat just before serving.

Serves 2 or more with extras as described above

**pork in sauce** freezes well

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