

GF Friendly

Pork and Vegetable Curry

Diced Pork and vegetables in a curry sauce

Most curries are pretty basic and flavouring depends on the spices or paste used. You can see my choices below. The Madras curry spice ingredients can be found in Handy Hints – Mix Your Own Spices. If you prefer vegetables other than mine you will need about 4 to 5 cups.

350g diced pork
1 onion
2 cup mushrooms
1 carrot
1 stick celery, sliced across the stalk
1 cup diced pumpkin
210g (½ can) condensed chicken soup
1 tsp minced garlic
1 tsp curry powder, Madras or other
1 tsp garam masala
½ tsp turmeric
2 cups chicken stock
1 ½ Tbsps olive oil, or other



Cut the vegetables into small cubes about 1.5cm (½ inch).

In a frying pan or wok, heat the garlic and spices in the oil until sizzling; then add the onion and mushrooms, stir-frying for 3 minutes. Next, put in the diced pork and stir-fry well for 5 minutes to sear the meat. Put in the remaining vegetables, toss to combine and continue stir-frying for 5 minutes. Pour in the chicken stock, stir and bring to the boil; then turn down to simmer covered for 40 minutes, stirring occasionally. If it seems to be drying out add some water.

Finally, put in the chicken soup, stir well and heat for about 3 minutes until just boiling. The curry is now ready and can be turned off and covered, then re-heated before serving. I added a packet of two-minute noodles and heated until they had softened. You can leave them out if you don't fancy.

Serves 2-4 with rice or noodles

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