



quality pork cuts  
from Cookstown



lovingly  
prepared by  
our chefs



for recipes you  
can enjoy and  
try at home!



# pork and pineapple curry

with rice, mango chutney  
and naan bread

## lets cook...

1. Toss the pork in the flour and salt. In a large pan heat the oil and brown the meat. When the meat has turned a nice golden colour, lift out onto a plate with a draining spoon and leave to one side.
2. In the same pan, leave some fat from cooking the pork and gently fry the onion until soft.
3. Stir in the curry paste and paprika. Fry for two minutes then return the browned meat to the pan. Stir well and cook for a few more minutes.
4. To finish the dish, add all the remaining ingredients and bring to the boil. Once boiled, reduce the heat to a simmer, cover with a lid and continue cooking on the hob for 1 hour or until the pork is nice and tender.

## time to dish up...

Remove the bay leaves and serve the curry with plain boiled rice and naan bread with a side dish of mango chutney.

## ingredients

- 1kg Cookstown lean pork (fillet cubed)
- 40g flour
- 1 tsp salt
- 2 tbsp cooking oil
- 1 large onion (chopped)
- 1 tbsp Madras curry paste
- 1 tbsp paprika
- 300ml chicken stock
- 2 dried red chillies
- 1 tbsp mango chutney
- 1 tsp Worcester sauce
- 400g tin pineapple cubes (in their syrup)
- 2 bay leaves

## serving suggestion

- Boiled rice
- 4 naan bread
- Mango chutney

↑  
serves 4

