

Pork braised in peanut sauce

Total time **70 mins 20 mins** preparation time **50 mins** cooking time

Nutritional facts (per portion):

1552.26 kJ / 371 kcal

INGREDIENTS

4 portion(s)

2 tbsp groundnut oil

500 g lean pork, cut into stripsonion, peeled and thinly

sliced

1 large courgette, trimmed

and cut into chunks

2 tsp ground coriander

400 g can chopped tomatoes

with herbs

1 tsp sugar

2 tbsp Kikkoman Naturally

Brewed Less Salt Soy

Sauce

4 tbsp smooth or crunchy

peanut butter

To garnish:

Chopped unsalted

peanuts

Chopped fresh coriander

Fat: **20.7 g** Protein: **35.4 g** Carbohydrates: **12.5 g**

PREPARATION

Step 1

Heat the oil in a large, deep frying pan and fry the pork in batches over a fairly high heat until browned, draining one batch from the pan before adding the next.

Step 2

When all the pork has been browned, lower the heat, add the onion and cook for 10 minutes until softened, stirring occasionally. Add the courgette chunks, sprinkle in the ground coriander and fry for a further 5 minutes.

Step 3

Pour in the chopped tomatoes and add the sugar and Kikkoman Less Salt soy sauce to the pan. Gradually stir in the peanut butter, return the pork to the pan, cover and simmer over a low heat for 30 minutes.

Step 4

Serve sprinkled with chopped unsalted peanuts and fresh coriander. Accompany with warm flat breads or rice.