

# 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**

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

## INGREDIENTS

4 portion(s)

**2 tbsp** groundnut oil  
**500 g** lean pork, cut into strips  
**1** onion, 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

## 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.