

SERVES 4-6

10 MINUTES PREPARATION

25 MINUTES COOKING



## PORK MADRAS

- 500g pork fillet, diced
- juice of half a lemon
- 1 tsp Seven Sisters' Spices Garam Masala
- 2 tbsp vegetable oil
- 1 large onion, finely chopped
- 1 red chilli – or more! Chopped
- 60g Seven Sisters' Spices Madras Curry Paste
- 400g tin chopped tomatoes
- 50g dessicated coconut
- small bunch of fresh coriander, chopped
- salt & pepper to taste

# PORK MADRAS

## METHOD

- Put the garam masala and the lemon juice into a bowl, mix well and leave to one side
- Heat the vegetable oil in a heavy bottomed deep frying pan, add the onion and cook gently for 5-8 minutes until soft and golden.
- Add the chopped chilli – only add the seeds too if you like your curry hot! Cook for a further 2-3 minutes.
- Add the pork and cook, stirring frequently until the meat is sealed, then add the curry paste, mixing well together. Cook for 3-4 minutes.
- Add the tinned tomatoes and desiccated coconut, season with salt and pepper and cook on a gentle simmer for 20 mins, until the pork is cooked through.
- Add the fresh coriander just before serving.

### OPTIONS

- You can use chicken, lamb or prawns instead of the pork. For a vegan option fry aubergine instead of the pork, adding the curry paste once the aubergine has browned, and add a tin of drained chickpeas along with the tomatoes and coconut.
- Once mixed together and brought to a simmer, cook on a low gentle heat for 20-25 minutes until the sauce has reduced a little. Season with the salt and pepper to taste.
- Cook the courgettes or marrow as directed.
- When the sauce has reduced slightly remove from the heat. Add the cooked rice, toasted pine nuts and parsley and mix together well.
- Fill the courgettes or marrow with the mixture, putting any excess around and between the vegetables. Sprinkle with crumbled feta, drizzle with a little olive oil and cook near the top of your hot oven for 15-20 minutes.

# MADRAS CURRY PASTE

- 1 tbsp Seven Sisters' Spices Madras Curry Powder
- 1 tsp Seven Sisters' Spices Garam Masala
- 1 clove of garlic, crushed
- 1 inch piece of fresh ginger, peeled & grated
- 25ml vinegar
- 1 tbsp vegetable oil

## METHOD

- Mix together all the ingredients except the oil in a bowl.
- Heat the vegetable oil in a heavy bottomed sauce pan. Add the spice mixture and cook until the oil begins to separate from the spices.
- Store in an airtight jar.