



Braised pork with fresh tomato and citrus salsa

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Serves 6-8

- 1 de-boned neck or shoulder of pork**
- olive oil, for frying**
- 1 large onion, roughly chopped**
- 1 garlic clove, crushed**
- 1 cup of chicken stock**
- 1 cup of fresh orange juice**
- 1 lemon, grated rind**
- 1/2 cup flat-leaf parsley, finely chopped**
- salt and pepper**

Salsa

- 250g firm ripe tomatoes, chopped**
- 1 seedless orange, peeled and chopped**
- 6 spring onions, chopped**

- 1 red chilli, seeded and chopped**
- 1/2 cup mixed coriander, chives and flat-leaf parsley**
- 1 lemon, grated rind**
- 2tbsp lemon juice**
- salt and pepper**

To serve

Brown rice

- 1** Cut the meat into cubes discarding any excess fat.
- 2** Heat a little oil in a large heavy-based saucepan and brown the pork in batches. If necessary, add a little more oil. Lift each batch of pork out onto a plate as it colours.
- 3** Add a little more oil to the pan and fry the

onion until soft and translucent, sprinkling it with a little salt as it cooks.

- 4** When the onion is soft, add the garlic and then return the pork to the pan.
- 5** Pour in the stock, orange juice and lemon rind and bring to simmering point. Add the parsley. Cover the pan and simmer over a gentle heat for one and a half hours or until the pork is tender. Check the seasoning.
- 6** Meanwhile, mix the salsa ingredients together in bowl just before serving.
- 7** Serve the pork with the rice and a spoonful of the salsa.

Fat	9g	Carbs	7g	Energy	210kcal
Protein	25g	Sodium	.3g	Fibre	1g

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