

## Pork Goulash



A lovely warming stew that you can leave to simmer while you get on with other jobs – or put your feet up for a while 😊 I served mine with sweet potato mash but this would be lovely with some polenta or steamed veg too.

To Serve 4 people you'll need;

- 800g diced pork
- 2 large onions, sliced
- 2 medium carrots, diced
- 1 large courgette, diced
- 2 tins chopped tomatoes
- 2 large red peppers, sliced
- 200ml stock
- 2 tablespoons smoked paprika
- 1 teaspoon caraway seeds
- Zest and juice of 1 lemon
- 3 tablespoons red wine vinegar

Preheat the oven to 180°C.

Place a large pan on the hob and heat a little oil (I used coconut oil). Once melted, add the carrots, onions, peppers and courgettes. Soften the vegetables before adding the caraway seeds and frying for another minute. Now add the paprika and stir everything really well. Add the red wine vinegar, chopped tomatoes, stock and juice and zest of the lemon. Add the cubed pork, stir well and cover. Take the pan off the hob and place into the oven for 90 mins. After this time, check the meat – it should be tender and falling apart slightly and the sauce should be thicker now too.

Serve with some sweet potato mash, rice or steamed veg.