

Pork Vindaloo – Low Carb Curry

Serves: 4

1 Tbsp Vegetable Oil
1Kg lean pork, cut into 3cm pieces
2 Large Onions, sliced thinly
300ml Stock (Veg/Chick/Beef)

Curry Paste

2 Tsp ground Cumin
1 Tsp Chilli Powder
2 Tsp Mustard Seeds
1 ½ Tsp Ground Cinnamon
80 ml White Wine Vinegar
1 Tsp Salt
1 Tsp Sugar Substitute
1 Tsp Ground Cardamon
2 Tsp Ground Turmeric
½ Tsp Ground Cloves
1 Tsp Black Pepper
3 Cloves Garlic, crushed
1 ½ Tsp Ground Ginger



To make the curry paste: Combine all ingredients in a small bowl and let stand for 30 minutes.

1. Heat oil in a large saucepan: cook pork, in batches, until browned all over. Cook onion in pan, stirring until soft.
2. Add curry paste: cook, stirring, until fragrant. Add stock: return pork to pan. Bring to the boil.
3. Reduce heat to low; simmer, covered, stirring occasionally for about 1 hour or until pork is tender.

Storage: Can be made in advance and refrigerated or frozen for up to 3 months.

Nutrition: Per serving: Kcal 160 Fat 8.4g (sat 2.2g) Carbs 5.5g Protein 11g