

Spicy pork & aubergine



Prep: 10 mins - 15 mins
Cook: 25 mins



Easy



Serves 4



Ingredients

1 ½ tbsp olive oil

2 onions, sliced

1 small aubergine (about 250g/9oz), trimmed and diced

500g lean pork fillet, trimmed of any fat and sliced

2 sweet red peppers, seeded and cut into chunky strips

2-3 tbsp mild curry powder

400g can plum tomatoes

150ml water

cooked basmati rice, to serve

Method

- Step 1** Heat the oil in a large non-stick frying pan with a lid. Tip in the onions and aubergine and fry for 8 minutes, stirring frequently, until soft and golden brown.
- Step 2** Tip in the pork and fry for 5 minutes, stirring occasionally, until it starts to brown. Mix in the pepper strips and stir fry for about 3 minutes until soft.
- Step 3** Sprinkle in the curry powder. Stir fry for a minute, then pour in the tomatoes and water. Stir vigorously, cover the pan and leave the mixture to simmer for 5 minutes until the tomatoes break down to form a thick sauce (you can add a drop more water if the mixture gets too thick). Season with salt and pepper and serve with basmati rice.