

Rachel's Kitchen

Recipe of the Week

Hungarian Pork and Chickpea Goulash

Ingredients:

**1 pack of lean diced pork
1 red pepper
1 large red onion
1 courgette
1 pack baby sweet corn**

**2 garlic cloves, crushed
300ml vegetable or chicken stock
1 tin chopped tomatoes
1 large tin chickpeas
Olive oil, paprika and cumin**

To make this meal vegetarian use vegetable stock, omit the beef and add your choice of pulses or meat substitute such as quorn.

Method:

Chop the onion, pepper and courgette into chunky pieces. Heat a splash of olive oil in a large pan over a medium heat for a few minutes and then add the rest of the vegetables and garlic and fry until softened. Add the chopped tomatoes and stock to the pan with a pinch of paprika and cumin. Add the diced pork and bring to a simmer. Cook on a low heat for 20 minutes then add the sweet corn and chickpeas and cook for a further 10 minutes. Serve with mashed potatoes or brown rice. This is even better if you have leftovers on the second as the flavours will really develop.

Rachel says 'This recipe provides great dietary fibre and is packed full of vitamins from the variety of vegetables'

