

Curried Pork with Apples



Ingredients

1-1 ½ lb / 0.5-0.75 kg pork stir-fry strips
1 Tbsp / 15 mL canola oil
2 ribs celery, sliced on diagonal
1 ¼ cup / 300 mL chopped yellow onion
2 large cloves garlic, minced
2 medium red-skinned apples, cored, unpeeled and coarsely chopped
1 large red bell pepper, seeded and cut into bite-size pieces
1-19 oz / 540 mL can chickpeas, drained and rinsed
¼ cup / 50 mL all-purpose flour
1-2 Tbsp / 15-30 mL curry powder to taste
1-2 tsp / 5-10 mL garam masala* to taste
1 tsp / 5 mL red pepper flakes
2 ½ cups / 625 mL sodium-reduced chicken broth
Salt and ground black pepper to taste
Hot cooked rice for serving
Plain yogurt for garnish (optional)
Slivered almonds for garnish (optional)
Chopped fresh cilantro for garnish (optional)

Directions

1. With sharp knife, trim pork strips of excess fat and slice longer strips into 2-inch pieces.
2. In large skillet, heat oil over medium-high heat. Cook pork strips in small batches until lightly browned, 2-3 minutes; remove to a clean plate.
3. Add celery, onion and garlic to skillet and sauté until softened, about 3 minutes.
4. Add apple, bell pepper and chickpeas. Stir to combine.
5. Sprinkle flour, curry powder, garam masala and red pepper flakes over mixture. Stir to combine.
6. Add broth; stir mixture until thickened and bubbly, 6-8 minutes.
7. Using tongs, return pork strips to mixture; cook until heated through, 2-3 minutes.
8. Serve over hot cooked rice. If desired, garnish individual portions with a dollop of yogurt, slivered almonds and chopped cilantro.

*Garam masala is an aromatic blend of spices extensively used in Indian cuisine. It can be found in the spice aisle at your local grocery store.

Additional Info

- **Cut:** Stir-fry strips
- **Prep Time (Minutes):** 30
- **Cook Time (Minutes):** 30
- **Number of Servings:** 6-8