

Pork & Cashew Curry



Ingredients

1 pork loin roast, centre cut, boneless, about 1 ½ lbs / 0.75 kg
2 Tbsp / 30 mL hot curry paste
1 Tbsp / 15 mL canola oil
2 medium yellow onions, halved and thinly sliced
3-4 cloves garlic, minced
1 Tbsp / 15 mL grated ginger root
½ cup / 125 mL vegetable broth
½ cup / 125 mL ground cashews*
1 cup / 250 mL Balkan style plain yogurt, at room temperature
2 cups / 500 mL frozen peas
¼ cup / 50 mL chopped fresh cilantro
Chopped cashews for garnish (optional)
Hot cooked rice for serving

Directions

1. With sharp knife, cut roast into 1-inch cubes; trim any unwanted fat.
2. In large bowl, combine pork cubes and curry paste. Cover and marinate in refrigerator for 2-4 hours. Remove from refrigerator 1 hour before cooking to help bring meat to room temperature.
3. In deep sauté pan, heat oil over medium-high heat. Add onions and cook, stirring often until golden and tender, 8-10 minutes.
4. Add garlic and ginger; cook 1 minute more.
5. Add pork with juices. Cook until pork is browned, stirring occasionally, 5-6 minutes.
6. Add broth, ground cashews and yogurt; stir to combine. Reduce heat and simmer until pork is cooked through, 8-10 minutes.
7. Remove pan from heat. Stir in peas. Cover and let stand 5 minutes.
8. Sprinkle curry with cilantro and serve over hot cooked rice.
9. Garnish with chopped cashews, if desired.

* If unable to find ground cashews, grind about 60 g of whole cashews in a food processor or blender.

Tip: For a slightly different flavour, substitute hot curry paste with 2-3 Tbsp vindaloo spice paste.

Additional Info

- **Cut:** Roasts
- **Prep Time (Minutes):** 45
- **Cook Time (Minutes):** 30
- **Number of Servings:** 4