KIKKOMAN

Pork braised in peanut sauce

Total time **70 mins** **20 mins** preparation time **50 mins** cooking time

Nutritional facts (per portion):
1,552.3 kJ / 371 kcal

Fat: **20.7 g** Protein: **35.4 g**
Carbohydrates: **12.5 g**

INGREDIENTS

4 portion(s)

2 tbsp	groundnut oil
500 g	lean pork, cut into strips
1	onion, peeled and thinly sliced
1	large courgette, trimmed and cut into chunks
2 tsp	ground coriander
400 g	can chopped tomatoes with herbs
1 tsp	sugar
2 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
4 tbsp	smooth or crunchy peanut butter
To garnish:	
	Chopped unsalted peanuts
	Chopped fresh coriander

PREPARATION

Step 1

Heat the oil in a large, deep frying pan and fry the pork in batches over a fairly high heat until browned, draining one batch from the pan before adding the next.

Step 2

When all the pork has been browned, lower the heat, add the onion and cook for 10 minutes until softened, stirring occasionally. Add the courgette chunks, sprinkle in the ground coriander and fry for a further 5 minutes.

Step 3

Pour in the chopped tomatoes and add the sugar and Kikkoman Less Salt soy sauce to the pan. Gradually stir in the peanut butter, return the pork to the pan, cover and simmer over a low heat for 30 minutes.

Step 4

Serve sprinkled with chopped unsalted peanuts and fresh coriander. Accompany with warm flat breads or rice.