

# Slow Cooker Pork Stew with noodles and courgetti

Total time **260 mins** 20 mins preparation time **240 mins** cooking time

## INGREDIENTS

4 portion(s)

|               |                                            |
|---------------|--------------------------------------------|
| <b>1.2 kg</b> | boneless pork shoulder                     |
| <b>3</b>      | garlic cloves, minced                      |
| <b>2</b>      | large shallots, finely chopped             |
| <b>1</b>      | red chilli, deseeded and finely chopped    |
| <b>1 tbsp</b> | grated fresh ginger                        |
| <b>80 ml</b>  | <u>Kikkoman Naturally Brewed Soy Sauce</u> |
| <b>2 tsp</b>  | fish sauce                                 |
| <b>2 tbsp</b> | vegetable oil                              |
| <b>150 ml</b> | chicken stock                              |
| <b>55 g</b>   | dark brown sugar                           |
| <b>1 tsp</b>  | lemongrass paste                           |
| <b>1 tsp</b>  | cornflour diluted in 1 tbsp cold water     |
| <b>2</b>      | star anise                                 |
| <b>1</b>      | cinnamon stick                             |
| <b>1</b>      | small piece lime peel                      |
| <b>60 g</b>   | roasted salted peanuts, crushed, to serve  |
|               | finely chopped chives, to serve            |
|               | courgetti to serve                         |
|               | noodles to serve                           |

## PREPARATION

### Step 1

Remove the fat layer from the pork and cut into cubes.

### Step 2

Place the pork in a bowl and add the garlic, shallots, chilli, ginger, half the soy sauce and the fish sauce. Stir to combine and leave to marinate for 10 minutes.

### Step 3

Heat the oil in a non-stick frying pan and brown the pork, in batches, for 10 minutes until nicely browned. Transfer to a 4.5 litre slow cooker.

### Step 4

Combine the remaining soy sauce, chicken stock, sugar, lemongrass paste, cornflour in a measuring jug and pour over the pork.

### Step 5

Add the star anise, cinnamon and lime peel.

### Step 6

Cook, covered, for 4 hours on low. Remove the star anise, cinnamon and lime peel.

### Step 7

Serve over courgetti (spiralised courgette noodles) and noodles.

### **Step 8**

Garnish with crushed roasted peanuts and chives.