

Pork with tomato, herbs and spaghetti / Somerfield.

Contributors

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RECIPE

*Pork with
Tomato,
Herbs and
Spaghetti*

SOMERFIELD

**BRITISH
MEAT**

Pork

with Tomato, Herbs and Spaghetti

Serves: 2

Cooking time: Approximately 15 minutes

INGREDIENTS:

- 225g (8oz) lean British pork stirfry
- 100g (4oz) spaghetti
- 1 x 5ml sp (1tsp) olive oil
- 1 clove garlic, crushed
- ½ red pepper, sliced
- 1 courgette, chopped
- 227g (7oz) can chopped tomatoes
- 2 x 5ml sp (2tsp) tomato ketchup
- 2 x 15ml sp (2tbsp) fresh mixed herbs eg basil, parsley etc or 5ml sp (1tsp) of mixed dried herbs
- Salt and black pepper
- 6 black olives, halved

METHOD:

1. Cook pasta, according to manufacturer's instructions.
2. Meanwhile, heat oil in a wok or large frying pan, and stirfry the pork and garlic for 3-4 minutes.
3. Add pepper and courgette and stirfry for 2 minutes.
4. Stir in tomatoes, ketchup, herbs and seasoning. Bring to the boil and simmer, uncovered for 5 minutes.
5. Drain pasta and add to the sauce.
6. Garnish with olives, and serve with a mixed salad and Italian bread.



Tip: Oil needs to be hot for stirfrying. Test oil is hot by dropping a small piece of meat into the wok or frying pan. If it 'sizzles' the oil is hot.

BRITISH
MEAT