Pork with tomato, herbs and spaghetti / Somerfield.

Contributors

Somerfield Stores Limited.

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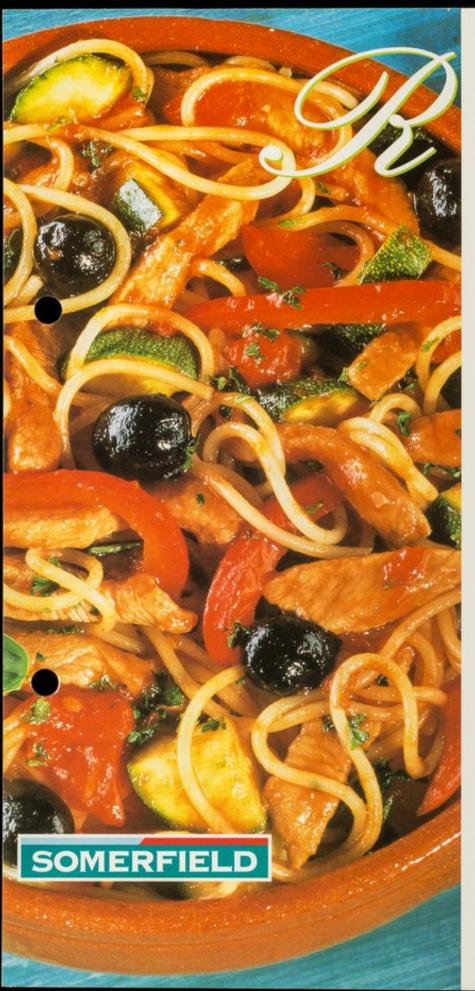
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E C I P E

Pork with Tomato, Herbs and Spagbetti



Pork

with Tomato, Herbs and Spagbetti

Serves:

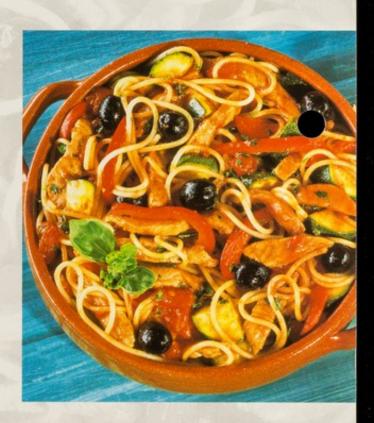
Cooking time: Approximately 15 minutes

INGREDIENTS:

- · 225g (8oz) lean British pork stirfry
- · 100g (4oz) spaghetti
- · 1 x 5ml sp (1tsp) olive oil
- · 1 clove garlic, crushed
- · 1/2 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 bot for stirfrying. Test oil is bot by dropping a small piece of meat into the wok or frying pan. If it 'sizzles' the oil is bot.

