



## HUNGARIAN STYLE GOULASH (SERVES 4)

### INGREDIENTS:

- 600g pork loin steaks , sliced
- 2 medium onions, sliced
- 1 small carrot, diced
- 3 bell peppers, sliced
- 1 tsp garlic puree
- 2 tsp sweet paprika
- 1tsp smoked paprika
- 2 tins chopped tomatoes

### INSTRUCTIONS:

- Add a tablespoon of oil to a large casserole pan over a medium heat. Add the onions and carrot and saute for 5 minutes.
- Add in the garlic and cook for a further 2 minutes.
- turn up the heat slightly and add the pork, brown the meat for 5 minutes.
- Add the paprika, peppers and tomatoes and stir.
- allow to simmer with the lid on for 25-30 minutes until the vegetables are soft and the meat cooked through .

430 cals 20g P 81g C 27g F