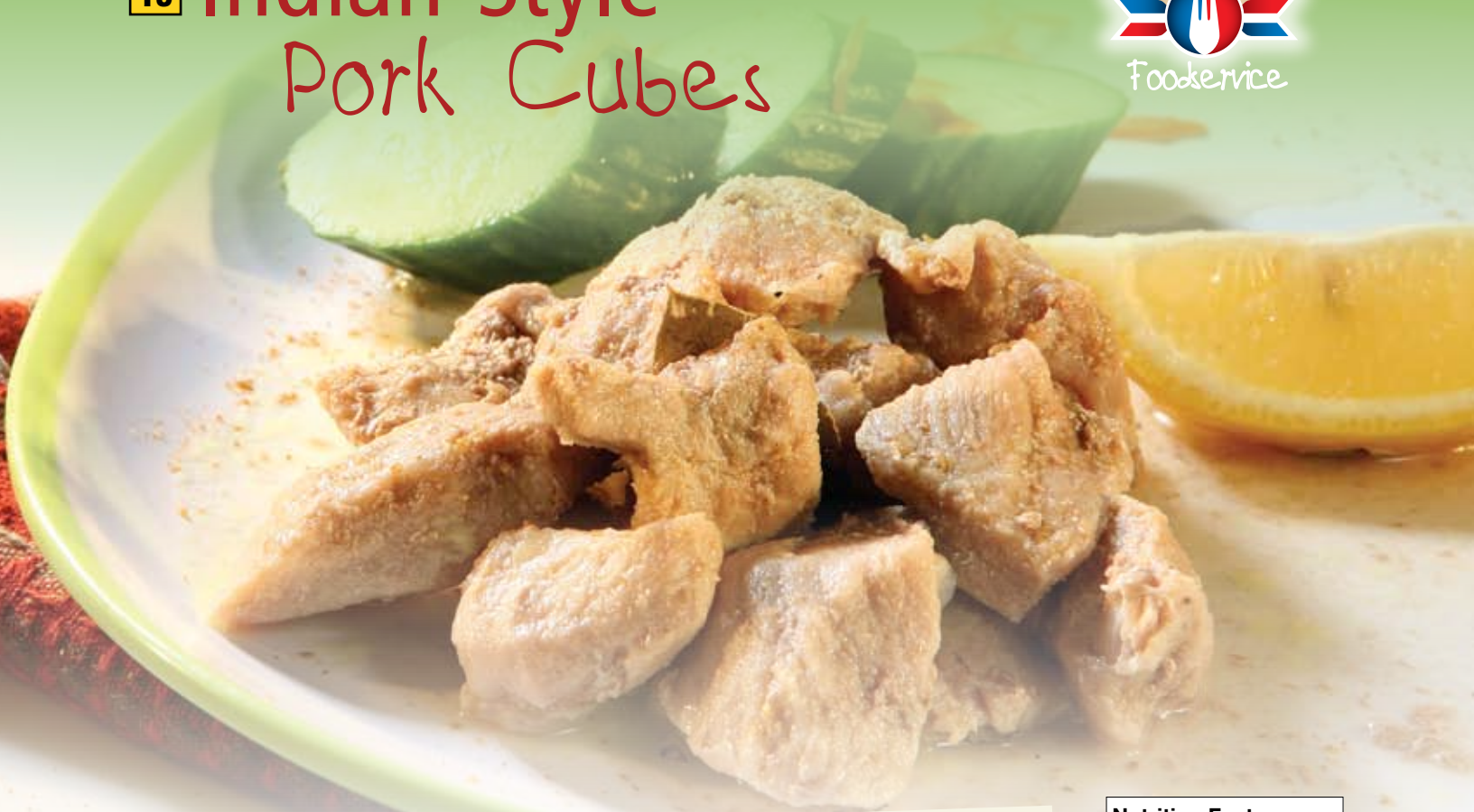


15 Indian-Style Pork Cubes



Diced Pork (97261)

	2 lbs.		900 g
Bay leaves	4		4 g
Cumin, powdered	5 ml	1 teaspoon	2 g
Ginger, powdered	5 ml	1 teaspoon	4 g
Coriander, powdered	5 ml	1 teaspoon	4 g
Chicken broth	1 L	4 cups	1 kg
Cucumbers, sliced	2		600 g
Lemons, quartered	2		170 g

: 10
 : 10 minutes
 : 1 h 50
 : yes

Nutrition Facts

For 1 portion (180 g)

Amount	% Daily Value
Calories 140	
Fat 3.5 g	5%
Saturated 1.5 g	
+ trans 0 g	8%
Polyunsaturated 0.5 g	
Omega-6 0 g	
Omega-3 0 g	
Monounsaturated 2 g	
Cholesterol 55 mg	18%
Sodium 300 mg	12%
Potassium 520 mg	15%
Carbohydrates 5 g	2%
Fibre 1 g	4%
Sugar 1 g	
Protein 22 g	
Vitamin A 5 RE	0%
Vitamin C 3 mg	6%
Calcium 25 mg	2%
Iron 0.7 mg	6%
Phosphorus 36.7 mg	4%

- Preheat oven to 200 °C (400 °F).
- Mix first 6 ingredients in an oven-proof dish and cover with aluminum foil.
- Bake for 20 minutes, reduce the oven temperature to 180 °C (350 °F) and cook for about 1 ½ hours.
- Remove bay leaves.
- Squeeze lemon slices over pork cubes to enhance the flavour.
- Serve with cucumbers.

Chef's Remarks

replacement product : this recipe is also delicious with pulled chicken thighs (806-8448).

Canada's Food Guide Portions

½ serving of vegetables and fruit
 + 1 ¼ servings of meat and alternatives.



Olymel Product Allergens

*Contains : none

Food Exchange System

1 serving of vegetables
 + 2 ½ servings of meat and alternatives.

*Verified allergens : peanuts, nuts, sesame seeds, milk, egg, grain containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustacea, mollusks, sulfite (max. 10 ppm). (Source: CFIA)