



## Red pork curry

Green, yellow or red curry are great for using up left over vegetables from your fridge. You can also use left over meats from roasts and decrease the roasting time of the meat by half. So, have a look through your fridge for any left over vegetables. The vegetables selected below are an option which you can change. Curries are a great meal with their rich flavours and freshness of taste. I recommend you make your own curry paste. You can do this in large batches and then freeze in little containers. If covered well, home made curry pastes last for up to a year in the freezer.

**Estimated preparation Time:** 5 minutes

**Completion Time:** 20-30 minutes depending on how wet the meat turns out to be

**Skill level:** Easy

**Serving size:** 1

**Rate this recipe:**

**Average rating:**

**Add to my recipe book:**

**Share with friends:**

**Equipment:** Pot with lid  
Spatula or wooden spoon

## Ingredients

½ tablespoon of coconut oil or any other cooking fat

200gm of diced pork (or beef or lamb)

2 thai eggplants halved lengthwise or use 2 baby corn or a handful of snow peas or any other left over vegetable you might have

1 cup of coconut milk (skim of 1 tablespoon of the thick cream on the top and use it for the garnish later on)

¼ peeled and diced pineapple, optional

¼ red capsicum core removed and cut into 2-3 mm thick stripes

Zest of ½ lime

Juice of ½ lime

2 kaffir lime leaves, roughly torn

1 teaspoon fish sauce

1 teaspoon soy sauce

© Trupp The Chefs Table 2020

<https://truppthechefstable.teachable.com/>



1 teaspoon of crushed or grated palm sugar

Little coriander sprigs or 1 tablespoon of chopped spring onions or thai basi leafs to garnish

### **Method**

1. Heat the pot on a high heat for 1 minute
2. Add the coconut oil
3. Add the pork and cook for three minutes (do not stir)
4. Stir it now and cook as long as it takes until all the watery juices have evaporated and the pork meat takes a golden brown colour, you will at this stage also hear a clear sizzling noise
5. Add the eggplants and stir well together
6. Add the curry paste
7. Stir well together
8. Add the coconut milk
9. Add the pine apple
10. Add the capsicum
11. Add the lime zest
12. Add the lime juice
13. Add the fish sauce
14. Add the soy sauce
15. Add the palm sugar
16. Add the kaffir lime leafs
17. Bring to boil and close the lid
18. Cook for 10 minutes
19. Transfer the curry onto a plate
20. Garnish with the thick coconut milk and coriander leafs or other herbs

### **Note:**

Green curries last for up to a week in the fridge and freeze well. You can use frozen chicken for this recipe and simply increase the boiling time by five minutes. Still ensure that the chicken is cooked through.

### **What can you serve with red curry**

Jasmine rice or any other type of rice as well as cooked quinoa