

## FRAGRANT PORK PILAU RICE

**Feeds:** 2  
**Time to cook:** About 20 minutes

### Take....

Lean pork fillet  
Oil  
Mushrooms  
Red onion  
Cinnamon stick  
Ground coriander  
Cardamon pods  
Easy cook long grain rice  
Lemon  
Stock  
Spring onions  
Fresh coriander



### Make....

Heat **5ml (1tsp) oil** in a large pan. Add **225g (8oz) mixed mushrooms**, thickly sliced, and lightly cook, remove and reserve. Add **1 red onion**, sliced and **225g (8oz) lean pork fillet**, cut into thin medallions, until lightly browned. Add **1 cinnamon stick**, broken in half, **5ml (1tsp) ground coriander**, **3 cardamon pods**, crushed, **225g (8oz) easy cook long grain rice** and rind from **1 lemon**, remove with a sharp knife and add 2-3 large pieces. Stir well together, coating pork and rice with the spices.

Add **450ml (¾pt) stock** and bring to the boil, cover with tight fitting lid and cook over low heat for 15 minutes. Once cooked remove from heat, add cooked mushrooms and leave to stand, covered for a further 5 minutes.

### Eat....

Serve sprinkled with **2 spring onions**, finely sliced and **30ml (2tbsp) fresh coriander**, chopped, plus a large seasonal salad or steamed green beans.

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