

Jerk Pork Casserole

Prep Time: 10 minutes

Cook: 2 hours and 40 minutes

Serves: 4

Ingredients

1 tbsp oil

750g boneless pork (shoulder or leg in bite size pieces)

1 onion, chopped

2 garlic cloves, chopped

1 tbsp plain flour

90g spicy jerk paste

750ml chicken stock

750g sweet potatoes, peeled and chopped into chunks

2 red peppers, halved, deseeded and cut into large pieces

Handful chopped parsley

Soured cream or yoghurt, to serve

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Method

Preheat the oven to 160c (fan 140c)

Heat the oil in a casserole and brown the pork in batches transferring to a plate as you go. Add the onion to the casserole and soften it over a gentle heat.

Stir in the garlic and cook for 1 minute.

Stir in the flour , followed by the spicy jerk paste, then add the chicken stock.

Return the pork to the casserole and bring to the boil. Cover with a lid and transfer to the oven for 2 hours, adding the sweet potatoes and peppers after 1 hour.

When the pork and vegetables are tender, remove the casserole from the oven, check the seasoning.

Serve with a dollop of soured cream or yoghurt and scatter with parsley.