

## PORK IN SPICY YOGURT SAUCE

Pork in Spicy Yogurt Sauce is a quick and easy, tasty and nutritious dinner.

Serves 4

Per serving 395 kcal/2% fat

Preparation time 10 minutes

Cooking time 20 minutes

## INGREDIENTS

4 x 100g lean pork steaks  
8 tbsps live natural yogurt  
1 tbsp mild curry powder  
2 tbsps mango chutney  
1 red chilli, finely chopped  
1 tbsp fresh coriander, chopped  
1 tbsp fresh mint, chopped  
freshly ground black pepper to taste  
220g (dry weight) basmati rice

## METHOD

1. Preheat the grill to high.
2. Remove any visible fat from the pork steaks and place in a shallow heatproof dish.
3. Combine the other ingredients in a bowl to make the sauce.
4. Spread both sides of the pork steaks with the sauce and place under the grill for 8 - 10 minutes per side.
5. While the steaks are under the grill, cook the rice in a pan of boiling water with a vegetable stock cube, and drain.
6. Serve the steaks with the boiled rice and a salad.

