

## Pork with Dried Fruits

Serves 4

### Ingredients

750g Diced Pork or Diced Pork Fillet (Tenderloin)  
 2 tsp ground cinnamon  
 1 tsp ground cumin  
 2 tsp ground ginger  
 2 tbsp olive oil  
 1 large onion – finely chopped  
 4 cloves of garlic – finely chopped  
 125g ready to eat apricots - halved  
 125g ready to eat prunes – halved  
 ¼ pt pork or chicken stock  
 6 tomatoes – roughly chopped, or half a tin  
 4 tbsp fresh coriander roughly chopped  
 1 – 2 tsp ready made Harissa paste  
 Or  
 1 red chilli – de-seeded and finely chopped.  
 Salt & pepper.



### Method

Pre heat oven to 180°C, 170°C for a fan oven or gas mark 4

If using tenderloin cut into bite size pieces.

Mix the spices with the salt and pepper and rub into the pork.

Heat the oil in a large flameproof casserole and cook the pork for 2-3 mins stirring until brown.

Stir in the onion, harissa paste (or red chilli) and garlic and cook for 1-2 mins until just starting to soften.

Stir in the apricots, prunes, hot stock and tomatoes, bring to the boil.

Cover and transfer to oven for 1½- 2 hours until meat is tender. If using pork tenderloin reduce the cooking time.

Check the level of liquid in the casserole during cooking and if you find it is getting too dry add some water or some stock.

Stir the coriander into the pork.