

# *Rachel's Kitchen*

## *Recipe of the Week*

### *Hungarian Pork and Chickpea Goulash*

#### **Ingredients:**

**1 pack of lean diced pork  
1 red pepper  
1 large red onion  
1 courgette  
1 pack baby sweet corn**

**2 garlic cloves, crushed  
300ml vegetable or chicken stock  
1 tin chopped tomatoes  
1 large tin chickpeas  
Olive oil, paprika and cumin**

**To make this meal vegetarian use vegetable stock, omit the beef and add your choice of pulses or meat substitute such as quorn.**

#### **Method:**

**Chop the onion, pepper and courgette into chunky pieces. Heat a splash of olive oil in a large pan over a medium heat for a few minutes and then add the rest of the vegetables and garlic and fry until softened. Add the chopped tomatoes and stock to the pan with a pinch of paprika and cumin. Add the diced pork and bring to a simmer. Cook on a low heat for 20 minutes then add the sweet corn and chickpeas and cook for a further 10 minutes. Serve with mashed potatoes or brown rice. This is even better if you have leftovers on the second as the flavours will really develop.**

**Rachel says 'This recipe provides great dietary fibre and is packed full of vitamins from the variety of vegetables'**

