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GF Friendly

Sweet Salsa Pork

Pork mince in Salsa and sweet chilli sauce

The pork mince was my choice because I had some in the freezer that needed using; but you can substitute other meat mince such as beef, lamb, veal or chicken. After taste-testing, I found the sauce was too sweet for my liking, so I put in some chilli powder, salt and pepper. As for the Salsa, there was some in a jar left over from dipping.

- 250g pork mince
- ½ onion, quartered and sliced
- ½ capsicum, sliced
- 1 mushroom, halved and sliced
- 1 cup diced pumpkin
- ¼ cup frozen peas
- 2 Tbsps Salsa dip
- 2 Tbsps sweet chilli sauce
- ½ tsp chilli powder (optional)
- salt & pepper (optional)
- 1 Tbsp olive oil, or other



Cook the mince in a pan and drain off the fat; then rest on paper towel to remove remaining fat. Par-boil the diced pumpkin until beginning to soften, drain and set aside.

Warm the oil in a frying pan or wok before putting in the onion and mushroom. Stir-fry until the onion turns transparent. Now add the peas - **leave the pumpkin and capsicum until later.**

Mix in the cooked pork mince, add the Salsa and sweet chilli sauce; or the tomatoes if you are going this way (see Tip) and stir-fry for 5 minutes, breaking up any lumps of mince. Any spices you fancy can go in now, but do taste-test first. Finally, fold in the pumpkin and capsicum and continue stir-frying gently for about 5 minutes.

Serve 2 with rice or noodles if you like

Should freeze okay without the pumpkin

Tip: if you want to make this less sweet, I suggest swapping the sweet chilli sauce for half a can of diced or crushed tomatoes. The other half can be frozen.

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