

Creole Pork Ragout



Serves 4 **Prep marinate overnight**

Cooking 2 & 1/2 h

Easy

Ingredients

700g skinless pork shoulder, cut into chunks

2 limes juiced

2 tsp ground allspice

vegetable oil

2 onions sliced

2 spring onions, chopped

2 sprigs thyme

2 bay leaves

1 clove

1. Marinate the pork in the fridge overnight with the juice of 1 lime, half the allspice, salt & pepper.
2. Heat the oven to 160C/ Fan 140C/Gas 3. Remove the pork from the marinade and pat dry with paper towels. Heat 2 tbsp oil in a large heavy pan over a medium high heat, fry the pork until it is browned all over. Add the onions, spring onions, the remaining allspice, salt & pepper, stir and brown for a few minutes.
3. Add the juice of 1 lime, thyme sprigs, bay leaves, clove and 125ml water. Cover and put in the oven for 2 hours, until the meat is very tender. Serve with pasta and peas