



# Hungarian Pork Goulash

Serves: 4 | Prep: 15 mins | Cook: 1 hour

## Ingredients

- 1 onion
- 2 cloves of garlic, crushed
- 1 teaspoon paprika
- 1 teaspoon cumin
- 600g pork
- 1 fennel bulb
- One small sweet potato
- 100g pumpkin
- 100g capsicum
- 100g mushrooms
- 100g purple cabbage
- 1 tin crushed tomatoes
- 1 cup beef stock
- 100g beans
- 50g spinach

## Method

- Dice pork and vegetables (except spinach).
- Heat 1 tablespoon of oil in a large pan.
- Fry onion and garlic with cumin and paprika for two minutes.
- Add pork and sauté until browned.
- Add vegetables (except beans and spinach).
- Add tomatoes and stock.
- Cover and simmer for 45 mins – 1 hour.
- Add beans and spinach, stir to combine and heat through.
- Season to taste and serve with coriander.