



## Pork and Chorizo Stew

**100% NZ PORK**

**Serves 4**

**Preparation Time – 10 minutes**

**Cook time – Slow Cook 7 hours, Oven or Stove Top 1.5 hours**

### INGREDIENTS

- 4 New Zealand Pork medallion steaks, cut in four
- 4 chorizo sausages, cut in 4
- 1 Tbsp canola oil
- 4 small onions, peeled and halved
- 8 pitted green and black olives
- 1 ea. red and yellow capsicum, chargrilled and diced
- 12 small potatoes, scraped
- 1 400ml can diced tomatoes in juice
- 2 sprigs of thyme
- salt and pepper to taste

### METHOD

#### Slow Cooker

1. Heat the oil in a heavy frypan and quickly brown the pork and onions,
2. Transfer the pork, onions and all remaining ingredients to a slow cooker and cook on low heat for 7 hours.
3. Serve in bowls.

#### Saucepan

1. Heat the oil in a heavy frypan and quickly brown the pork and onions,
2. Transfer the pork, onions and all remaining ingredients to a lidded saucepan.
3. Add 1 cup water or stock and bring to the boil.
4. Reduce heat and simmer gently until meat is tender- approx 1.5 hour

#### Oven Slow Cook

1. Instead of the lidded saucepan, use a lidded casserole dish in an oven preheated to 165°C