

Main

Pork Mongos

Pork (or chicken) with green lentils, vegetables and coconut milk

Serves 4-6

Ingredients:

500g pork, diced

3 cloves of garlic, crushed

4cm fresh ginger, finely chopped

1 onion, thinly sliced

200g green lentils, soaked overnight

½ squash, diced

½ cabbage, thinly chopped

3 carrots, diced

400ml coconut milk

Instructions:

- 1. Fry pork in a little oil in a wok.**
- 2. Add garlic, ginger and onion. Then add the cabbage and carrots**
- 3. Finally, add the squash and the lentils. Mix thoroughly**
- 4. Pour in the coconut milk, and allow to simmer until vegetables are tender and pork is cooked through. Season with salt and pepper**