PORK AND MANGO STEW
WITH CHILI SPICE AND PITA CHIPS

Local Urban BITES

FAST. EASY. FRESH.

1. Start by preheating your oven to 400°F. Then, peel and dice the **onion**. Peel the **potatoes** and dice them into ½" pieces. Wash and de-seed the **pepper**, then cut it into ½" pieces as well. Cut the **pork tenderloin** into thin strips. Cut the **mango** in half and cut out the core. Peel and thinly slice ¼ for garnish, dice the rest.

2. In a large pan, heat 1 Tbsp. **canola oil** over medium heat. Add the onion and cook for 1-2 minutes. Add the potato and **chicken stock**. Bring to a boil, reduce to a simmer, and cook on medium heat for 10-12 minutes or until the potatoes are tender.

3. Meanwhile, cut the **pitas** into 6 pieces each, spread them out on a parchment-lined baking tray and brush with 2 Tbsp. **olive oil**. Sprinkle with **coarse sea salt**, ¼ tsp. **black pepper**, and **dried thyme**. Bake for 7-9 minutes, or until crispy.

4. In a separate pan, heat 2 Tbsp. canola oil to nearly smoking. Add the pork and the **chili spice.** Sauté on medium-high until the pork is fully cooked, about 4-6 minutes.

5. In a small bowl, combine the **cornstarch** with 3 Tbsp. water. Mix well. Add the cornstarch mixture, peppers, diced mango and **corn** into the stew, and cook until it thickens. Add back in your cooked pork then season to your liking with a squeeze of **lime**, sea salt and black pepper.

6. To serve, portion the stew into bowls and garnish with the julienned mango and **cilantro** sprigs. Serve alongside the pita chips. Enjoy!

Ingredients (2 Person Serving – *921 Calories Per Serving*)

Canola Oil	1 Tbsp.	Cilantro	Few Sprigs
Red Onion	1 Small	Pitas	2
Yellow Potatoes	300 g	Olive Oil	2 Tbsp.
Chicken Stock	2 Cups	Dried Thyme	½ tsp.
Frozen Corn	100 g	Coarse Sea Salt	½ tsp.
Mango	1	Pork Tenderloin	300 g
Red Bell Pepper	1	Chili Spice	2 Tbsp.
Cornstarch	2 Tbsp.	Salt and Pepper	To Taste
Lime	1		

35 Minute **Cook Time!**