MEXICAN · DINNER

Pork Chile Verde with Potatoes

140 min · Serves 4 · 834 kcal a serve · Video 7:56 · Food Wishes

Gluten-free ingredients · Nut-free

A green chilli and tomatillo stew of pork shoulder and potatoes: one serve gives about 47 g of protein and is rich in vitamin C, potassium, vitamin B6 and selenium. It is a big, hearty portion.

Diet notes: Dairy-free if you leave out the sour cream.

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Ingredients 20 · SERVES 4

- [ ] 2 tbsp **vegetable oil**
- [ ] 2 lb **boneless pork shoulder**, cut into 1–2 inch cubes
- [ ] 1 **yellow onion**, diced
- [ ] 2 tsp **dried oregano**
- [ ] 2 tsp **ground cumin**
- [ ] 1/2 tsp **ground coriander**
- [ ] 1/4 tsp **cayenne**
- [ ] 2–3 tsp **kosher salt**, or to taste
- [ ] 10–12 **tomatillos**, husked and quartered (about 4 cups)
- [ ] 3 **jalapeños**, seeded
- [ ] 1 **poblano chilli**, seeded
- [ ] 6 cloves **garlic**, peeled
- [ ] 1/2 cup packed cilantro (coriander) leaves
- [ ] 2½ cups **chicken stock**, or as needed
- [ ] 1 **bay leaf**
- [ ] 1½ lb **Yukon gold potatoes**, peeled and quartered
- [ ] **freshly ground black pepper**
- [ ] **sour cream**, to serve
- [ ] 1/4 **red onion**, sliced and pickled in red wine vinegar with a pinch of salt, to serve
- [ ] torn **cilantro**, to garnish

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oil in a heavy pot over high heat until almost smoking. Add the pork and sear 4–5 minutes without moving, then stir and brown a little more. 0:28
2. Lower the heat to medium, add the onion with a big pinch of the salt and cook about 4 minutes until translucent. Stir in the oregano, cumin, coriander and cayenne and cook 2 minutes; turn the heat to low. 1:33
3. Blend the quartered tomatillos, jalapeños, poblano, garlic, cilantro and about 2 cups of the stock to a very smooth purée. 2:41
4. Pour the sauce over the pork, add more salt and the bay leaf and bring to the boil. Simmer gently for about 1 hour, stirring now and then and skimming off fat if you like. 4:13
5. Add the potatoes, season with salt and pepper, add a splash more stock if needed, and simmer 45–60 minutes until the pork and potatoes are fork-tender. 5:11
6. Taste for salt and serve in bowls topped with a dollop of sour cream, pickled red onions and torn cilantro. 6:15

> **Tip** Serves 4 large portions. Skim the fat during simmering to make it lighter. To pickle the onions, cover sliced red onion with red wine vinegar and a pinch of salt and chill overnight.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
834 kcal	**48** g	**54** g	**8.4** g	**48** g	**1,490** mg
3,490 kJ	95% of a day	46 g net · 11 g sugars	30% of a day	16 g saturated	65% of a day
		20% of a day		62% of a day	

Energy from net carbs 23% · protein 24% · fat 53% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 109% · Vitamin C 83% · Vitamin B6 78% · Zinc 69% · Vitamin B12 59% · Omega-3 52% · Potassium 44% · Iron 36% · Vitamin K 34% · Magnesium 30% · Folate 22%

Source of (10–19%) Vitamin E 19% · Vitamin D 13% · Calcium 11%

⚠ One serve has about 65% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Food Wishes (@foodwishes) on YouTube — youtube.com/watch?v=yV-JLcOrXc4, published 1 September 2015. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/pork-chile-verde-potatoes