

Ingredients

1 pork loin fillet cut into 2cm medallions
½ bottle Greek Red Wine
2tbsp Coriander seeds, crushed
Salt and pepper
2 onions, finely chopped
2 cloves garlic, finely chopped
About 4 med sized fresh tomatoes, chopped
(Alternatively 1 tin of chopped tomatoes)
150 g bulgur wheat
3 or 4 tbsp. of Sunflower oil
Glug of olive oil
Hot water



To serve: Green salad and Greek yoghurt

Method

Prep Time: Ideally overnight

Cooking Time: 35 mins

Serves: 2

1. Marinate the pork in the wine, coriander seeds and a little salt and pepper, in a covered bowl in the fridge. Ideally overnight, but at least for a couple of hours.

For the Bulgur Wheat

1. Heat a mixture of sunflower and olive oil in a pan and fry the onions and garlic together. Don't burn them, but allow the onions to really brown – this helps to add flavour.
2. Once browned, add the tomatoes and reduce down until they look dark and oily. Once reduced, add the bulgur wheat and stir into the tomato. After 1 minute add enough hot water to just cover everything in the pan and let it cook for about 15 minutes, then switch off and allow steam to complete cooking process.

For the Afelia

1. Add a few tbsp. of sunflower oil to a deep frying pan and brown all the pieces of pork.
2. When the pork is browned, add the remaining marinade and simmer for about 30 minutes until the wine reduces to a dark sauce.
3. Serve the pork on top of some bulgur wheat along with a Greek green salad and a good dollop of natural Greek yoghurt.