

Instant Pot Pork Vindaloo

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/insta-pot-indian-pork-recipe>

Ingredients:

- 800 grams pork cut into cubes, use pork cuts which have some amount of pork fat
- 1 teaspoon mustard seeds
- 9 garlic cloves peeled
- 6 red chillies dried, or 8-9 dried Kashmiri Red chillies, see recipe notes
- 9 cloves
- 1 inch cinnamon stick
- 1 inch ginger piece, chopped or grated
- 1 teaspoon turmeric powder
- 1 teaspoon cumin
- 1/2 teaspoon black peppercorns optional
- 1/3 cup vinegar use white vinegar or palm vinegar
- 1 teaspoon salt
- 1 red onion large, finely chopped
- oil for sautéing
- 1 cup water
- 1/4 cup tamarind pulp see recipe notes
- 1 teaspoon brown sugar

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 135 milligrams
4. Fat: 20 grams
5. Fiber: 2 grams
6. Protein: 45 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 700 milligrams
9. Sugar: 8 grams

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