





Ingredients

- 500g pork, cut into chunks (belly or shoulder works well)
- 250g crushed cassava leaves (fresh or frozen)
- 2 cloves garlic, minced
- 1 small onion, chopped
- Salt and pepper, to taste
- 1-2 tbsp vegetable oil
- 1-2 tbsp coconut milk (for added richness)

Instructions

- In a large pot, heat the oil over medium heat. Add the pork pieces and brown them lightly.
- Stir in the chopped onion and garlic, cooking until softened.
- Add the crushed cassava leaves to the pot, stirring well to combine with the pork.
- Season with salt and pepper, add a little water, and cover. Let it simmer on low heat for about 1 to 1.5 hours, until the pork is tender and the flavours are well blended. Add more water if needed.
- Stir in coconut milk for a creamier texture.
- Serve hot with rice