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Paul Rankin's Spanish Style One-Pot

Serves 4

Prep: 20 minutes Cook: 20-25 minutes

- 1 lb, 12 oz boneless pork, cut into chunks or strips
- 3 tablespoons olive oil
- 1 large onion chopped
- 2 garlic cloves, finely chopped
- 2 red peppers, seeded and roughly chopped
- 6 oz long grain rice
- 1 cup vegetable stock or water
- 280g jar artichokes in oil, drained and quartered (I added two small jars)
- 400g can chopped tomatoes

Heat oven to 350. In a large flameproof casserole, brown the pork in the olive oil over a high heat. When brown on both sides, add the onions, garlic and peppers, then cook for 5 minutes. Add the rice and cook for another 3 minutes. Add the stock or water, the artichokes and tomatoes, then bring to a fast boil. Taste the liquid for seasoning. Cover with a tight lid and put in the oven for 20-25 minutes. Serve.