

Mustard Pork & Leek Casserole

ingredients

- 24 Green Gourmet Pork Loin Steaks, 57g
- 2 tblsp vegetable oil
- 2 leeks, sliced
- 1 stick celery, very finely chopped
- 1 tblsp plain flour
- 1 pint vegetable stock
- 1 tblsp tomato puree
- 1 tblsp mild French or American mustard
- 2 tsp soy sauce
- ½ tsp dried marjoram
- ¼ tsp salt
- ¼ tsp black pepper



cooking instructions

- ❖ Place an oiled tin into a pre-heated oven (180°C/gas 5) for 2-3 minutes.
- ❖ Remove the pan from the oven and add in the sliced leeks and celery.
- ❖ Return to the oven and cook for 5 minutes.
- ❖ Remove the pan from the oven and stir in the flour.
- ❖ Add the stock, tomato puree, mustard, soy sauce, marjoram, salt and pepper. Stir well.
- ❖ Place the pork fillets into the sauce.
- ❖ Cover and return to the oven and cook for a further 35-40 minutes.
- ❖ Make sure the dish is piping hot before serving.

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Ingredients

	weight		ingredient cost/kg £	ingredient costs £
Green Gourmet Pork Loin Steaks, 57g	1368	g	5.53	7.57
vegetable oil	40	g	0.43	0.02
leeks	240	g	1.24	0.30
celery	100	g	0.50	0.05
plain flour	12	g	0.30	0.001
vegetable stock	454	ml	0.15	0.07
tomato puree	20	g	1.30	0.03
french mustard	16	g	2.11	0.03
soy sauce	8	g	5.87	0.05
dried marjoram	0.4	g	76.00	0.03
salt	1.5	g	0.37	0.001
pepper	0.6	g	10.00	0.01
Total	2261	g		8.15
Cooked portion size	85	g		
Number of portions	24			
Cost per portion	34	p		

Nutritional Profile

M	fat
L	saturates
L	sugars
M	salt

Cooked analysis: Nutrients

	analysis per 100g	
energy	107.5	kcal
fat	5.2	g
saturated fatty acids	1.5	g
carbohydrates	2.6	g
NME (non-milk extrinsic) sugars	0.0	g
fibre/NSP (non-starch polysaccharides)	0.4	g
protein	13.0	g
iron	0.8	mg
calcium	17.7	mg
vitamin A (retinol equivalents)	18.4	µg
folate	11.0	µg
vitamin C	2.8	mg
sodium	376.0	mg
zinc	1.2	mg



Additional Nutritional Information

This high protein recipe provides a useful amount of iron, zinc, vitamin C and folate.

Allergen information:

This recipe contains celery and mustard, both possible allergens. Please check labels of ingredients for other potential allergens.

Serving suggestions:

Mashed potato provides carbohydrate. Broccoli is high in vitamin C and is an excellent source of fibre. It also provides calcium; vital for healthy bones and teeth, and folate which helps maintain a healthy blood supply. Carrots provide calcium and vitamin A. Both vitamin A and C are anti-oxidants, helping prevent cellular damage and minimising the risk of lifestyle diseases such as coronary heart disease and cancer.