

Pork, Parsnip & Potato Scalope

ingredients

- 24 Green Gourmet Pork Loin Steaks, 57g
- 6 large potatoes
- 2 large parsnips
- 2 tblsp vegetable oil
- 1 medium onion, sliced
- 1 stick celery, chopped
- 2 tsp tomato puree
- 1 tsp thyme
- ¼ tsp salt
- ½ tsp black pepper
- 2 pints vegetable stock
- 1 tsp mild paprika



cooking instructions

- ❖ Par-boil the potatoes and parsnips for 10 minutes. Cool and slice.
- ❖ Oil a tin and place into a pre-heated oven (180°C/gas 5) for 2-3 minutes.
- ❖ Add the onion and celery and cook for 5-10 minutes.
- ❖ Place the pork steaks into the tin. Add the tomato puree, thyme, salt and pepper. Stir well.
- ❖ Pour over the vegetable stock and sprinkle the paprika on top.
- ❖ Layer the sliced potatoes and parsnips on top of the meat. Lightly season.
- ❖ Cover and cook for 30-40 minutes.
- ❖ Remove the tin and drizzle some oil on top of the potatoes.
- ❖ Return to the oven, uncovered, and cook for a further 15-20 minutes to brown off the potatoes.

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Ingredients

	weight		ingredient cost/kg £	ingredient costs £
Green Gourmet Pork Loin Steak 57g	1368	g	5.03	6.88
potatoes	1200	g	0.26	0.32
parsnips	320	g	1.58	0.51
vegetable oil	20	g	0.43	0.01
onions	160	g	0.51	0.08
celery	50	g	0.50	0.03
vegetable stock	1136	g	0.15	0.09
tomato puree	8	g	1.30	0.01
dried thyme	0.3	g	21.88	0.01
salt	1.5	g	0.37	0.001
black pepper	1.5	g	10.00	0.02
paprika	2	g	13.46	0.03
Total	4267	g		8.05
Cooked portion size	161	g		
Number of portions	24			
Cost per portion	33	p		

Nutritional Profile

L	fat
L	saturates
L	sugars
M	salt

Cooked analysis: Nutrients

	analysis per 100g	
energy	79.6	kcal
fat	2.4	g
saturated fatty acids	0.8	g
carbohydrates	7.6	g
NME (non-milk extrinsic) sugars	0.0	g
fibre/NSP (non-starch polysaccharides)	0.9	g
protein	7.6	g
iron	0.5	mg
calcium	12.5	mg
vitamin A (retinol equivalents)	5.2	µg
folate	20.7	µg
vitamin C	5.4	mg
sodium	204.9	mg
zinc	0.8	mg



Additional Nutritional Information

This recipe is an excellent source of high quality protein. It is also low in fat and saturated fat.

Allergen information:

This recipe contains celery. Please check labels of ingredients for other potential allergens.

Serving suggestions:

As this recipe already contains potatoes, no other carbohydrate needs to be added.

This dish could be served with broccoli and green beans. Broccoli contains compounds known as glucosinolates, protective substances that are formed when there is plenty of vitamin C available, so it is important not to overcook.

Green beans are also a source of another important nutrient, co-enzyme Q10, which helps in energy production and keeping us alert throughout the day.