

## COMPLETE MEAL

### Apricot Glazed Pork

*Succulent pork steaks drizzled with a sauce made from sweet diced apricots complimented with couscous and green beans.*

**Makes 10 portions (241g/portion)**

#### Ingredients

<b>500g</b>	<b>10 Green Gourmet Great British Pork Steaks (GG Code - 7933)</b>
150g	dried apricots, chopped
120g	apricot jam
570g (1 pint)	vegetable stock
4g (1 tsp)	cornflour
330g	couscous (dry weight)
660ml	water
400g	green beans

#### Method

1. Mix the cornflour with a little cold water in a saucepan and add the stock.
2. Add the apricots and apricot jam and bring to the boil. Simmer until the sauce has thickened.
3. Lay the Green Gourmet Great British Pork Steaks in a tin and pour over the apricot sauce.
4. Cover and cook at 180°C/350°F/Gas 4 for 15 minutes.
5. Add the boiling water to the couscous, stir and leave for 10 minutes for the couscous to absorb all the water. Fluff up with a fork.

#### Serving Suggestions

Apricots are a useful source of iron. To maintain the folate content of this recipe you could add some mange tout, peas or Savoy cabbage rather than green beans.

This dish would look particularly attractive served on a bed of lightly cooked shredded cabbage and diced sweet potato.

#### Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
90.3	1.8	0.5	13.3	4.3	0.8
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
5.5	1.4	0.7	16.9	14.7	1.8
Folate (µg)	Sodium (mg)				
10.7	68.3				

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