

COMPLETE MEAL

Autumn Pork and Vegetable Bake

Thin slices of flavoursome British-reared pork served up with a delicious mix of seasonal vegetables.

Makes 10 portions (219g/portion)

Ingredients

500g		10 Green Gourmet Great British Pork Steaks (GG Code - 7933)
11g	(1 tblsp)	olive oil
150g	(1 medium)	onion, sliced
200g	(2 medium)	leeks, sliced
100g	(2 sticks)	celery, very finely chopped
320g	(2 medium)	parsnips, finely sliced
570g	(1 pint)	vegetable stock
4g	(1 tsp)	cornflour
1g	(1 tsp)	dried marjoram
500g		potatoes
250g		sweet potatoes
240g	(4 medium)	carrots

Method

1. Place the onion, leeks, celery and parsnips into a tin. Stir in the oil and cook for 5 minutes.
2. Add the marjoram and cornflour to the stock, pour into the tin and stir well.
3. Place the Green Gourmet Great British Pork Steak into the sauce, cover, return to the oven and cook for a further 25 minutes at 180°C/350°F/Gas 4.
4. Boil the potatoes, carrots and sweet potatoes together (bearing in mind that the sweet potatoes take slightly less time to cook than ordinary potatoes), drain and mash.

Serving Suggestions

This recipe can be adapted to take into account any seasonal vegetables. Add a bit of colour with a few frozen peas (a good source of iron).

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
74.7	2.4	0.7	8.0	0	1.4
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
5.4	0.6	0.9	18.2	224.7	4.4
Folate (µg)	Sodium (mg)				
13.4	81.7				

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