

## COMPLETE MEAL

### **BBQ Pork**

*Slices of pork in a homemade barbeque sauce served on a bed of white rice.*

**Makes 10 portions (253g/portion)**

#### **Ingredients**

<b>570g</b>	<b>10 Green Gourmet Pork Loin Steaks 57g (GG code 7916)</b>
400g	rice
<b>BBQ sauce:</b>	
22g (2 tblsp)	vegetable oil
250g (2 medium)	onions, finely diced
100g (2 medium)	carrots, grated
50ml	vinegar
50 ml	Worcester sauce
6g (1 tsp)	Demerara sugar
450ml	water
200ml	orange juice
15g	mustard powder
25g	cornflour
3g (1 tblsp)	chopped parsley

#### **Method**

1. Stir fry the onions and carrots in oil until soft, add all other sauce ingredients except cornflour and bring to boil. Simmer for 10 minutes.
2. Mix the cornflour with a little water to make a paste, stir into the sauce to thicken.
3. Place Green Gourmet Pork Loin Steaks into a baking tin and cover with the sauce.
4. Bake in the oven at 190°C/375°F/Gas Mark 5 for approx 15 minutes.
5. Meanwhile cook the rice.
6. Transfer the pork and sauce to a serving dish. Garnish with chopped parsley and serve with the rice.

#### **Serving Suggestions**

Make a savoury rice accompaniment with mixed vegetables to increase the vitamin A, C and folate content of the meal. Parsley is a useful contributor of iron.

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

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
116.1	3	.7	17.3	1.6	.3
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
5.7	0.6	0.7	21.3	58.6	3.8
Folate (µg)	Sodium (mg)				
5.1	105.0				

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