

COMPLETE MEAL

Pork and Apple Casserole

Tender pork loin steaks cooked with apples and served with peas and new potatoes sprinkled with parsley

Makes 10 portions (227 g/cooked portion)

Ingredients

500		10 Green Gourmet Great British Pork Loin Steaks (GG Code - 7936)
11g	(1 tblsp)	olive oil
400g	(4 medium)	onions
3g	(1 tblsp)	oregano
300g		solid pack tinned apples
200ml		apple juice
1000g		new potatoes
9g	(3 tblsp)	fresh parsley
400g		frozen peas

Method

1. Place the sliced onions into a greased baking tin and bake in a moderate oven for approximately 10 minutes until soft
2. Lay the Green Gourmet Great British Pork Loin Steaks over the onions and sprinkle with oregano. Place the apples and juice over the pork
3. Cover with foil or lid and bake for around 25 minutes at 180 °C/350 °F/Gas 4. Remove the lid for the last 10 minutes
4. Boil the new potatoes, drain and add the fresh parsley
5. Serve the pork loin steaks and apple casserole with new potatoes

Serving Suggestions

This could also be served with oven-baked skin-on potato wedges (for fibre and carbohydrate), green beans (for vitamin C, fibre, calcium and folate) and carrots (for calcium and vitamin A). This high protein recipe also provides useful amounts of vitamin C and fibre from the apples

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
88.1	2.1	0.6	11.0	0.9	1.8
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
6.6	0.7	0.7	19.8	15.6	8.2
Folate (µg)	Sodium (mg)				
17.5	17.4				

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