

COMPLETE MEAL

Pork and Lemon

Succulent slices of pork loin in a lemon sauce served with Mediterranean roasted vegetables and mashed potatoes.

Makes 10 portions (208g/cooked portion)

Ingredients

500		10 Green Gourmet Great British Pork Loin Steaks (GG Code - 7936)
1 kg		sweet potatoes
20ml		milk
100g (1 medium)		courgette
160g (1 medium)		red pepper
160g (1 medium)		yellow pepper
85g (1 medium)		tomato
11g (1 tblsp)		olive oil

Lemon sauce

20ml		lemon juice
16g (2 tsp)		honey
450ml		apple juice
8g (2 tsp)		cornflour
3g (1 tblsp)		fresh parsley

Method

- Cook the Green Gourmet Great British Pork Loin Steaks on a covered oiled tray at 180°C/350°F/Gas 4 for 15 minutes. Remove cover for the last 5 minutes
- Slice the vegetables, drizzle with oil and place in a baking tin. Roast in the oven
- Boil the potatoes. Drain and add the milk and, using a beater, whisk to a creamy consistency
- Make up the lemon sauce by mixing the lemon juice and water into the cornflour and then heating through until it thickens. Stir in the fresh thyme
- Serve the pork loin steaks accompanied by mashed sweet potato, vegetables and lemon sauce

Serving Suggestions

Extra herbs could be added to the roasted vegetables as most herbs are a useful source of iron. Sweet potatoes are a very good source of vitamin A

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
87.6	2.3	0.7	10.6	0.6	1.3
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
6.5	0.6	0.6	18.9	317.0	15.1
Folate (µg)	Sodium (mg)				
8.8	31.8				

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