

Pork & Vegetable Casserole

(Serves 4)

Ingredients

- 1tbsp Oil, Olive, napolini
- 450g Pork, extra lean, diced
- 100g Sweet potatoes, cut into chunks
- 200g Savoy cabbage, diced
- 200g Cauliflower florets, diced
- 100g Onions, diced
- 120g Green beans, trimmed & cut
- 200g Carrots, diced
- 100g Potatoes, cut into small cubes
- 100g Celery, diced
- 1 medium Tomato, chopped
- 1 Aubergine
- 50g Mushrooms, button, sliced
- 1 Garlic clove, chopped
- 1 Bay leaf
- handful Parsley, fresh, chopped
- 500g Passata
- 1 tbsp Tomato puree
- 1 tsp each Basil, Oregano & sweet Paprika, dried
- 1 tsp Worcestershire sauce
- ½ tsp Cayenne pepper(optional)
- ½ tsp Black pepper
- 1 Stock pot,(Knorr, rich beef)
- 1 litre Water

Preparation

1. Heat oven to 180°C/350°F/Gas Mark 4 (160°Fan).
2. In a large, flameproof casserole dish, heat olive oil over a medium-high heat.
3. Sauté pork, stirring often, for about 5 minutes or until browned on all sides.
4. Transfer pork to a plate. In same pot, throw in prepared vegetables (except aubergine), garlic, bay leaf & parsley.
5. Cut aubergine into chunks. Blanche in boiling water for 2 minutes. Drain & set aside.
6. In a bowl mix passata, tomato puree, paprika, oregano, basil, worcestershire sauce, black pepper & cayenne pepper if used.
7. Pour over vegetables. Add pork & aubergine. Stir.
8. Dissolve stock pot in the 1 litre of boiling water & add to pot. Stir. Bring to boil.
9. Cover & cook in oven for approx 1 hour, or until pork & vegetables tender.
10. Remove bay leaf prior to serving.

TOP TIP: Low calorie dish but highly nutritious. The cayenne pepper gives just a bit of spice to the dish but it isn't at all hot.

NUTRITIONAL VALUES

PER SERVING

Calories 427

Total Sugars 20.45g

Total Fats 8.95g

Saturated Fats 2.08g

Salt 1.51g

Fruit & Veg 4.7