

PORK AND APPLE CASSEROLE

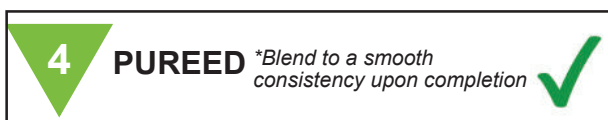


Pork and Apple
Casserole in
collaboration with



This recipe is suitable for the IDDSI levels with a tick ✓

THE IDDSI FRAMEWORK



NUTRITION

482Kcal
CONTAINS



WHEAT



MUSTARD



SULPHITES

This recipe serves 2

NUTRITION INFORMATION TYPICAL VALUES

Nutrient:	per 100g	per serving (345g)
Energy	588kJ/140kcal	2027kJ/482kcal
Fat	3.6g	12g
of which saturates	1g	3.5g
of which monounsaturates	1.5g	5.3g
of which polyunsaturates	0.7g	2.4g
Carbohydrate	13g	45g
of which sugars	4.3g	15g
of which polyols	0g	1g
of which starch	7.7g	27g
Protein	12g	42g
Salt	0.06g	0.2g
Phosphorus	120mg (17%)	413mg
Thiamin (B ₁)	0.32mg (29%)	1.1mg
Niacin total (B ₃)	11mg (69%)	11mg

PORK AND APPLE CASSEROLE

High in Protein and source of:

- Niacin
- Phosphorus
- Thiamin

This dish boosts energy and supports heart health, immunity, and digestion. The recipe listed below serves 2 people.



INGREDIENTS

■ 2 tbsp olive or rapeseed oil ■ 300g diced lean pork ■ 2 small onions, chopped	■ 2 small cooking apples ■ 2-3 cloves of garlic, chopped ■ 40g flour ■ 1-2 tsp dried English mustard	■ 1/2 can butter beans or haricot beans ■ Black pepper and/or 4 sage leaves or 3/4 tsp dried sage
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METHOD

- 1 Preheat oven 180°C.
- 2 Peel and chop the onions and garlic. Fry together in the oil until soft.
- 3 Coat the diced pork in flour and mustard and fry in the pan, turning briskly to ensure each piece is browned and sealed.
- 4 Stir in the peeled and diced apples, sage and black pepper. Pour in 140ml of water, mixing well.
- 5 Transfer to a casserole dish and place in oven for an hour, or simmer gently on the hob, stirring often. If using tinned beans, ten minutes before serving, remove from oven and add half the can of beans and return to oven or hob.
- 6 After cooking season to taste and prepare dish to the required IDDSI level.