

Pork and Apple Casserole

7 REGULAR
4 PUREED

Blend to a smooth consistency upon completion



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Casseroles are very versatile and can be served with seasonal vegetables. For modified diets choose vegetables that mash and puree well (carrots, parsnip, sweet potato, butternut squash) and avoid veined leafy vegetables (cabbage, kale) and those with shells (peas, sweetcorn).



Shopping List

- 2 tbsp olive or rapeseed oil
- 300g / 10oz diced lean pork
- 2 small onions, chopped
- 2 small cooking apples
- 2-3 cloves of garlic, chopped
- 40g / 1.5oz 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



Directions

1. Preheat oven 180°C/350°F/gas 4
2. Peel and chop the onions. Crush/chop the 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 / 1/4 pint 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/hob.