



Pork Cacciatore

Serves 2 (each serving contains approximately 545 kcal)

PROUDLY SUPPORTING
OPERATION TRANSFORMATION 2021



Ingredients

2 pork loin chops
1 small onion
1 green pepper
200g mushrooms (chestnut or ordinary)
2 celery sticks
1 garlic clove

handful of fresh basil leaves (or 1 teaspoon dried basil)
400g tin chopped tomatoes
1 teaspoon cornflour (5g)
1 teaspoon water (5g)
80g wholewheat spaghetti
salt (optional) and freshly ground black pepper

Method

Preheat the oven to 160°C/325°F. Trim the pork chops and then put in a small casserole dish with a lid.

Trim the onion and cut in half, then peel off the skin and cut into slices. Cut the green pepper in half and remove the core and seeds, then cut into bite-sized pieces. Trim the mushrooms and cut into slices. Trim the celery sticks and cut into slices. Peel and crush the garlic clove to a paste.

Scatter all the vegetables over the pork chops and tear over the basil leaves. Add the chopped tomatoes and season with pepper. Mix well to combine. Cover with a lid and cook for 1 hour until the pork is piping hot with no pink meat and the juices run clear. Remove the pork from the casserole and put on a plate, then test that the pork is cooked with a small sharp knife. Cover with foil to keep warm.

Mix the cornflour with the water to a smooth paste. Stir the paste into the remaining casserole sauce, mixing to combine.

Put the casserole dish on the hob over a medium heat for 1-2 minutes to thicken.

Put the lid back on to keep warm.

Cook the spaghetti in a pan of boiling water with a pinch of salt (optional) for 10-12 minutes. Drain in a colander into the sink.

Divide the spaghetti between two bowls, then spoon over the vegetables and sauce and place the pork chops on top. Garnish with a few more basil leaves to serve.