



Roast Pork & Vegetable Casserole

Serves 2 (each serving contains approximately 430 kcal)

PROUDLY SUPPORTING
OPERATION TRANSFORMATION 2021



Ingredients

300g pork tenderloin
2 garlic clove
1 carrot
320g turnip (you need 200g)
300g baby new potatoes
120ml chicken stock (from a low sodium stock cube)
4 tablespoons reduced sodium soy

sauce (60g)
1 tablespoon balsamic vinegar (15g)
dash of hot sauce (such as Tabasco)
5g fresh flat-leaf parsley leaves
freshly ground black pepper

Method

Preheat the oven to 160°C/325°F. Trim the pork tenderloin and cut into 2.5cm cubes. Put into a casserole dish with a lid.

Take a clean chopping board and trim the garlic, then peel and crush to a paste with a garlic crusher. Peel the carrot and trim, then cut into bite-sized chunks. Peel the turnip and cut into bite-sized chunks – you need 200g in total. Cut the baby new potatoes in half, if necessary and add all the vegetables to the casserole. Pour in the chicken stock into a jug and add the soy sauce, balsamic vinegar, hot sauce and season with freshly ground black pepper. Whisk to combine and then pour over the pork and vegetables. Cover with a lid and bake for 1 hour or until the pork is completely tender and piping hot and the juices run clear. Test with a small sharp knife.

Divide the roast pork and vegetable casserole between bowls and season with freshly ground black pepper. Tear over the parsley leaves to serve.