

Pork and cider casserole



Serves	Prep Time	Cooking	Total Time	Calories
6 people				467 kcal

Stuff that's in it:

- 1 Tsp Oil
- 1Kg Shoulder Of Pork (Most Fat Removed, Chopped Into Large Chunks)
 - 2 Sticks (67G) Celery (Chopped)
 - 250G Sweet Potato (Diced)
 - 140G Parsnips (Sliced)
 - 180G Onion (Chopped)
 - 100G Leeks (Sliced)
 - 100G Carrots (Sliced)
 - 1 Tsp Dijon Mustard
 - 1 Tbsp Fresh Thyme (Chopped)
- 1 Tbsp Fresh Rosemary (Finely Chopped)
 - 500Ml Sweet Cider
- 1 Stock Pot (Made With 250Ml Water)
 - 1 Tbsp Flour

What you do:

In a large heavy bottomed pan, add the oil, heat and then drop the pork in, browning all over. add the leeks, celery and onion and gently fry until soft. Add the carrots, parsnips and sweet potato, along with he

chopped herbs, mix well, then add the cider and mustard.

Add the stock and flour, then bring to the boil. Simmer on the lowest heat with the lid on for around 2½ hours until the meat starts to fall apart!

(By removing the fat, your fat amount will actually be Lower than stated here as ive taken the nutrition from the label of the pork shoulder as it is)

Nutrition

- Carbs: 18g
- Fat: 29g
- Protein: 53g

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