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pork... help yourself



Phil Vickay



At this time of year many of us feel inspired to give our diets a bit of a spring clean and kick start some healthy eating habits. Cooking with lean pork is a great way of putting these resolutions into action, as it's naturally low in sodium and fat and full of immunity and energy boosting vitamins, minerals and antioxidants.

At British Meat, we've teamed up with the experts, one of the nation's most popular chefs Phil Vickery, and respected nutritionist Angela Dowden, to help us create these delicious low in fat recipes that inspire new ways of cooking with pork without losing any of the taste.



Phil Vickery

Many of us start the New Year with resolutions that we find difficult to keep to! Healthy eating is one that often crops up and it has always been at the top of my family's agenda.

When it comes to eating well, lean pork is one of my favourite choices as it's low in fat, lean pork contains only 4g of fat, and full of nutritional benefits such as protein, vitamins and minerals.

In this booklet we also point you in the direction of some more health-conscious cooking methods and give some simple tips that can help you reduce the amount of fat in your diet. We hope you enjoy these recipes that are low in fat and big on taste. When it comes to eating healthily, it's never been easier to help yourself.

Angela Dowden

It's easy to add flavour to meals without calories, if you start by using the right ingredients. Cooking with lean pork is a great way to support a balanced diet as it's naturally low in fat and sodium, rich in essential protein and bursting with other nutrients including Vitamin B1 (Thiamin), which helps to release energy and B12 which helps to fight anaemia. As well as highlighting these and other nutritional benefits of pork, many of these tasty recipes also boost your body in other ways by giving added energy or immunity.

key to icons



protein – for growth & repair



vitamins – for vitality



minerals – for immunity

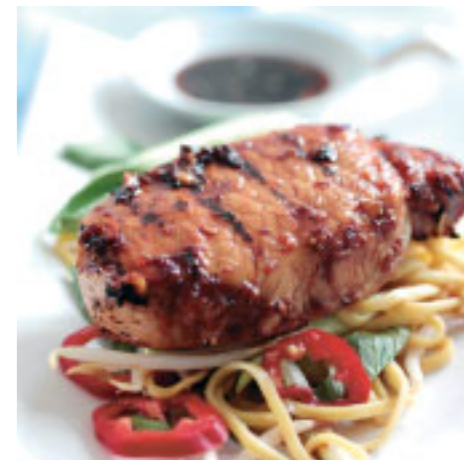


fat – low fat (3g, or less, per 100g)



the recipes

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cajun pork fillet

serves

four

cook

25-30 minutes.
Gas mark 6,
200°C, 400°F

cals (per serving)

1589 kJ/373 kcal

fat (per serving)

6g

(For more nutrition info
turn to inside back page)

take

Lean pork fillet
Cajun spice
Sweet potatoes
Spring onions
No-fat fromage frais
Black pepper
Can pineapple rings
Honey

make

Take **1 whole, fully trimmed, lean pork fillet (approx. 450g (1lb))** and place on a baking tray. Sprinkle over **30ml (2tbsp) Cajun spice** and rub all over the fillet. Cook in a preheated oven for 25-30 minutes.

Meanwhile peel **900g (2lb) sweet potatoes** and boil in a large pan of water for 10-15 minutes until softened. Drain and mash then stir through **2 spring onions**, chopped and **30ml (2tbsp) no-fat fromage frais**. Season well with **black pepper**.

During the last 15 minutes of cooking time place **pineapple rings from 432g (approx.) can**, drained, onto a baking tray and drizzle over **5ml (1tsp) honey**. Place into oven alongside pork fillet and cook for remaining 15 minutes of cooking time.

eat

Serve the pork fillet cut into slices with the sweet potato mash, roasted pineapple and steamed green vegetables.



Phil's tip

"This hearty dish is inspired by the fusion cooking of America's Deep South and it's excellent as a filling family meal. The end result is full of flavour combining Cajun spices with the sweetness of honey and pineapple.

For a tasty touch serve with sweet potato mash and steamed green vegetables."



pork and bean salad

serves

two

cook

approx. 10 minutes.

cal's (per serving)

1061 kJ/253 kcal

fat (per serving)

9g

(For more nutrition info turn to inside back page)

take

Lean pork fillet

Lemon juice and rind

Garlic

Black pepper

Green beans

Broad beans

Yogurt

Fresh mint

make

Take **225g (8oz) lean, fully trimmed pork fillet** and cut into thin medallions. Marinate for 20 minutes with **juice and rind of 1/2 lemon, 2 cloves garlic**, thinly sliced and season with **black pepper**.

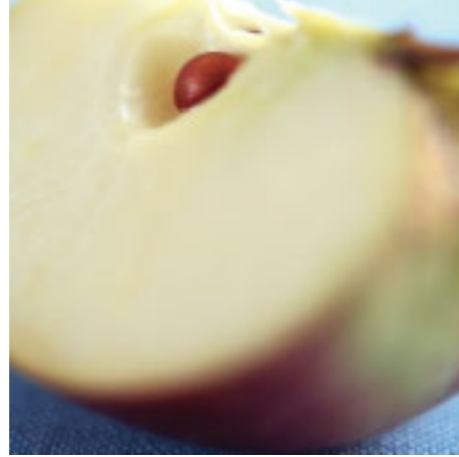
Place **100g (4oz) green beans** and **100g (4oz) broad beans** into boiling water and lightly cook until they still have 'bite' and cool. Heat wok or griddle pan, drain juice from pork and discard. Cook pork and garlic for 2-4 minutes each side until lightly browned. Make dressing; mix together **60ml (4tbsp) natural yogurt** with **juice and rind of 1/2 lemon and 15ml (1tbsp) fresh mint**, chopped. Pile beans and pork into a salad bowl and drizzle over the dressing, finish with extra fresh mint.

eat

Serve with crusty bread and crunchy salad leaves.

Angela says

"This is a wonderful recipe for women – it provides a valuable source of iron, which women are more likely to be lacking, and contains over a quarter of the daily requirement for potassium, which can help to reduce water retention. Pork is also a valuable source of both zinc and selenium. Selenium is an antioxidant that helps the body fight infection and zinc is an effective immunity booster."



pork chops with fruity apricot chutney

serves

four

cook

approx. 20 minutes.

cals (per serving)

1087 kJ/257 kcal

fat (per serving)

5g

(For more nutrition info turn to inside back page)

take

Lean pork chops or steaks

Dried apricots

Red onion

Sweet chilli sauce

Mango chutney

Lemon juice

Fresh coriander

make

Chop **175g (6oz) dried apricots** and add to pan with **1 red onion**, thinly sliced. Add **30ml (2tbsp) sweet chilli sauce**, **15ml (1tbsp) mango chutney**, **juice of 1 lemon** and **300ml (1/2pt) water**. Bring to the boil and simmer for 10-15 minutes until reduced and thickened. Allow to cool and stir through **15ml (1tbsp) fresh coriander**, chopped.

Cook **4 lean, fully trimmed pork chops** under a preheated grill for 8-10 minutes per side.

eat

Serve the pork chops with the apricot chutney, new potatoes and a large heap of green salad.



Phil's tip

“Accompanying meat with a mixture of tangy and sweet fruit is an excellent way of adding flavour to even the leanest cuts of meat.

Here apricots form the base of this fruity chutney, which can be used as a colourful garnish for grilled pork chops to add a twist to a low in fat weekday supper. Serve with a leafy green salad for extra vitamins and minerals.”

When it comes to good health and good eating, pork is a great way to help yourself! Pork contains many essential nutrients to help you build and maintain a healthy body.

for healthy living...

Cooking with pork is an ideal way of supporting a balanced family diet and a busy lifestyle, as it is a natural source of protein, vitamins and minerals and what's more the recipes featured in this booklet will satisfy even the heartiest of appetites!

Lean pork is also naturally low in sodium and fat so

it's a great ingredient to help meet government guidelines that recommend we should be reducing the levels of salt and fat in our diets. High fat levels are linked with rising obesity, of growing concern amongst children. And too much sodium (found in salt) contributes to high blood pressure.





pork fajita wraps with cherry tomato salsa

serves

four

cook

approx. 10 minutes.

cal's (per serving)

730 kJ/173 kcal

fat (per serving)

5g

(For more nutrition info
turn to inside back page)

take

Lean pork loin or
leg steaks or fillet
Fajita seasoning
Low-fat natural yogurt
Lime zest and juice
Flour tortilla wraps

For the salsa:

Cherry tomatoes
Spring onions
Garlic
Yellow pepper
Lime juice
Fresh coriander

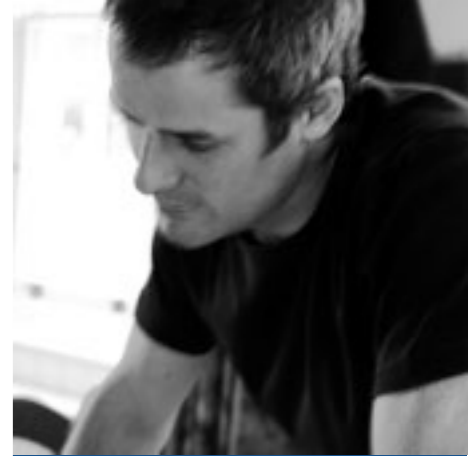
make

To make the cherry tomato
salsa mix together **250g (9oz)**
cherry tomatoes, halved,
2 spring onions, chopped,
1 clove garlic, crushed,
1/2 yellow pepper, seeded
and chopped, **juice of 1 lime**
and **15ml (1tbsp) fresh**
coriander, chopped.

Cut **450g (1lb) lean, fully**
trimmed pork loin or leg
steaks or fillet, into thin strips
and dry fry in a hot non-stick
wok for 5-6 minutes. Add
10ml (2tsp) fajita seasoning
and cook for a further
1-2 minutes. Meanwhile mix
together a **small pot**
low-fat natural yogurt with
zest and juice of 1 lime.

eat

Serve the pork piled into
wraps with shredded lettuce,
the cherry tomato salsa and
zesty yogurt and roll up.



Phil's tip

"This is an ideal recipe to
rustle up for a family meal
and a great way to cook
with lean pork loin, fillet
or leg steaks.

The pork strips are dry
fried to keep fat to a
minimum, and then stuffed
into wraps with lettuce,
zesty yogurt and tomato
salsa. It's great finger food
for kids who will love
assembling the fajitas.
The salsa also provides
kids with a healthier
alternative to ketchup."



orange and cumin marinated pork kebabs

serves

makes four kebabs

cook

approx. 15 minutes plus
1-2 hours marinating time

cals (per kebab)

712 kJ/169 kcal

fat (per kebab)

3g
(For more nutrition info
turn to inside back page)

take

Lean pork loin or leg
steaks or fillet
Orange zest and juice
Cumin seeds
English mustard

For the cous cous:

Cous cous
Orange zest and juice
English mustard
Fresh coriander
Spring onions

make

Cut **225g (8oz) lean, fully trimmed pork loin or leg steaks or fillet** into cubes and mix together with **zest and juice of 1 orange, 5ml (1tsp) cumin seeds and 5ml (1tsp) English mustard**. Mix well, cover and refrigerate for 1-2 hours to let the flavours infuse.

Thread the pork cubes onto skewers and cook under a preheated grill for 12-15 minutes.

Meanwhile place **150g (5oz) cous cous** in a bowl. Mix together **240ml (8fnoz) boiling water with zest and juice of 1 orange and 5ml (1tsp) English mustard**. Pour over the cous cous, cover with clingfilm and leave to soften for 10-15 minutes. Stir through **15ml (1tbsp) fresh coriander, chopped, and 2 spring onions, chopped**.

eat

Serve the kebabs with the cous cous, extra vegetables and a low-fat yogurt dip.



Phil's tip

"Here pork cubes are marinated with orange, cumin seed and English mustard for a zesty flavour that is rich in vitamins and low in fat. The kebabs are grilled to keep the fat intake low. If you have time try marinating the meat for 1-2 hours prior to cooking to intensify the flavours. Serve with couscous for a Mediterranean feel."



teriyaki pork steaks

serves

two

cook

approx. 15 minutes plus
marinating time

cals (per serving)

1789 kJ/423 kcal

fat (per serving)

9g

(For more nutrition info
turn to inside back page)

take

Lean loin or leg pork steaks

Garlic

Fresh root ginger

Soy sauce

Honey

For the noodle salad:

Egg noodles

Beansprouts

Spring onions

Pak choi

Red pepper

make

Place **2 lean, fully trimmed pork loin or leg steaks**, fully trimmed, in a dish and add **2 cloves garlic**, crushed, **2cm (3/4") root ginger**, peeled and grated, **15ml (1tbsp) soy sauce**, and **15ml (1tbsp) honey**. Mix well, cover and refrigerate for 1-2 hours.

Cook **100g (4oz) egg noodles** until soft, run under cold water to cool. Add **75g (3oz) beansprouts**, **2 spring onions**, sliced, **1 head pak choi**, sliced, and **1/2 red pepper**, seeded and sliced.

Dry fry the pork steaks on a preheated griddle for 6-8 minutes on each side. (Or use a preheated grill).

eat

Serve the pork steaks with the noodle salad drizzled with the juices from the pan.

Phil's tip

"Add an exotic flavour to lean pork steaks by marinating the meat with soy, garlic and honey before dry frying in a griddle pan. This helps to keep the dish low in fat and it's a quick and easy method of cooking. You should also trim the pork steaks of any fat prior to cooking to reinforce this. Accompany the chops with a crunchy noodle salad drizzled with the tangy juices from the pan."



tikka pork chop

serves

two

cook

approx. 15 minutes

cals (per serving)

1265 kJ/299 kcal

fat (per serving)

6g

(For more nutrition info
turn to inside back page)

take

Lean pork chops or steaks
Tikka spice powder (or similar)
New potatoes
Red onion
Baby spinach
Tomato ketchup
Honey
Low-fat natural yogurt

make

Take **2 lean, fully trimmed pork chops** and rub over **15ml (1tbsp) tikka spice**. Cook under a preheated grill for 8-10 minutes on each side.

Meanwhile cook **250g (9oz) new potatoes**, cut in half, until soft and allow to cool slightly. Add **1/2 red onion**, sliced, and **50g (2oz) baby spinach** and mix with **5ml (1tsp) tikka spice**, **15ml (1tbsp) tomato ketchup**, **15ml (1tbsp) honey** and **15ml (1tbsp) water**.

For a spicy yogurt dip mix together **45ml (3tbsp) low-fat natural yogurt** with **5ml (1tsp) tikka spice**.

eat

Serve the chops with the potato salad and spicy yogurt.

Phil's tip

"Indian food is one of the nation's favourites so we felt that this booklet should include an Indian inspired recipe! This is however a healthier version as the pork steaks are dry coated with a tikka spice rub, and then popped under the grill. To complete the dish serve with a Bombay potato salad and spicy yogurt dip."



thai pork bites

serves

makes 12-14 bites

cook

approx. 20 minutes
Gas mark 6,
200°C, 400°F

cals (per bite)

195 kJ/46 kcal

fat (per bite)

1g
(For more nutrition info
turn to inside back page)

take

Lean minced pork
Garlic
Ginger
Fresh coriander
Spring onions
Lime zest and juice

For the dipping sauce:

Soy sauce
Sherry
Honey
Sweet chilli sauce

make

In a bowl mix **450g (1lb) lean, minced pork** with **2 cloves garlic**, crushed, **5cm (2") ginger**, peeled and grated, **15ml (1tbsp) fresh coriander**, chopped, **4 spring onions**, finely sliced, and the **zest and juice of 1 lime**. Mix well and shape into 12-14 patties. Place onto a baking tray and cook in a preheated oven for 20 minutes.

To make the dipping sauce mix together **15ml (1tbsp) soy sauce**, **15ml (1tbsp) sherry**, **5ml (1tsp) honey** and **15ml (1tbsp) sweet chilli sauce**.

eat

Serve the patties with the dipping sauce, a cucumber and spring onion salad and toasted pitta breads.

Note: If making this recipe for kids serve with Hoisin or plum sauce as the dipper.

Phil's tip

"These bite-size patties are an ideal snack or good enough to serve up to guests too. Use the reduced-fat mince found in most supermarkets to keep the fat intake low and serve with a sweet and sour dipping sauce to add some big flavours. For a finishing touch serve with a spring onion and cucumber salad."



pork is positively good for you

average nutritional values per serving:

04 cajun pork fillet

1589 kJ/373 kcal, protein 30g, carbohydrate 56g, fat 6g

06 pork & broad bean salad

1061 kJ/253 kcal, protein 33g, carbohydrate 12g, fat 9g

08 pork chops & apricot chutney

1087 kJ/257 kcal, protein 27g, carbohydrate 27g, fat 5g

10 pork fajita wraps

730 kJ/173 kcal, protein 28g, carbohydrate 6g, fat 5g

14 marinated pork kebabs*

712 kJ/169 kcal, protein 15g, carbohydrate 22g, fat 9g
*per kebab

16 teriyaki pork steaks

1789 kJ/423 kcal, protein 35g, carbohydrate 54g, fat 9g

18 tikka pork chops

1265 kJ/299 kcal, protein 32g, carbohydrate 34g, fat 6g

20 thai pork bites*

195 kJ/46kcal, protein 7g, carbohydrate 1g, fat 1g
*per bite

Nutritional analysis is based on raw, fully trimmed, lean pork.



British Meat Quality Standard Mark

When buying pork, bacon or ham always look out for meat carrying the British Meat Quality Standard Mark to ensure that you're using ingredients produced to very high standards of welfare, quality control and traceability.