

Piquant Pork Casserole

Feeds: 4

Time to cook: Approximately 1½-2 hours

Oven temperature: Gas mark 3, 170°C, 325°F

Take....

Lean pork cubes*

Leek

Celery

Garlic

Tomato purée

Worcestershire sauce

Orange juice

Paprika

English mustard



Make....

- 1 Place **450g(1lb) lean, fully trimmed pork cubes*** into an ovenproof casserole dish. Add **1 leek**, sliced, **2 sticks celery**, sliced, **1 clove garlic**, crushed, **15ml(1tbsp) tomato purée**, **15ml(1tbsp) Worcestershire sauce**, **300ml(½pt) orange juice**, **15ml(1tbsp) paprika** and **15ml(1tbsp) English mustard**. Mix well, cover and cook in a preheated oven for 1½-2 hours until tender.

Eat....

Serve with mashed swede, potato and carrot and a mixture of seasonal vegetables.

*Suitable cuts include braising cubes, shoulder or leg

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